

Honey Butter

Someone suggested that we have a honey recipe section on our website. Which I think is an excellent idea. I will start collecting any recipes you would like to send for a future recipe section on our new website. Jan Hodson

There are a lot of recipes for honey butter online, some as simple as mixing a stick and a half of softened butter with $\frac{1}{4}$ cup of honey. Some add cinnamon and/or vanilla and powdered sugar.

I have been experimenting and have come up with a version that makes my family notify me whenever we get close to the bottom of the container. (I guarantee, they don't do that for other kitchen items.)

I don't generally measure things precisely when I cook. Like Justin Wilson, I will measure a tsp of salt in my palm or $\frac{1}{2}$ tsp by how many shakes until the color looks right. So, feel free to adjust to your taste.

Recipe for Honey Cinnamon Butter

2 sticks of real butter, leave out of refrigerator to soften

1/3 cup of honey

3-4 heaping TBSP of powdered sugar

½ tsp powdered cinnamon (or more, too much will darken the butter)

1 or 2 drops of cinnamon oil (food grade oil, look where they have the cake decorating and candy making supplies)

Whip with an electric hand blender with a whisk. Keep in cabinet or pantry out of the light and cool, do not refrigerate to keep it soft. Enjoy, on toast, biscuits, corn bread, rolls, bagels, pancakes, waffles, etc.

I read an article that said taking ¼ tsp of cinnamon oil twice a day can stimulate insulin-like activity while lowering triglycerides, cholesterol and glucose levels by 10 to 30 percent. It can also help alleviate inflammatory conditions such as arthritis. This recipe doesn't have that much cinnamon oil. But, I will still use the excuse that it is good for me!