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**"Bee as Healthy as Can Bee" on Halloween**

The culinary professionals at Burleson's Honey have developed some tasty new recipes for bars and hot cider to help you celebrate the season's parties and events in a more healthful way. The recipes were developed by Nina Swan-Kohler, culinary professional and nutritionist for Burleson's Honey.

Chewy and Nutty Granola Bars will please kids and adults alike at fall harvest parties or Halloween get-togethers. "These bars will surprise you when you first bite into them," says Swan-Kohler. "The crunch of walnuts is a nice (not scary) surprise. Naturally good old-fashioned oats and pure clover honey make up the base for these chewy granola-type bars."

Adding honey to cookies and bars will help to retain their freshness longer. One natural attribute of honey is that it helps baked food products retain moisture longer. "I like to cut these bars into serving-size pieces, wrap them in plastic wrap, and then pack them as a quick breakfast or snack for later in the day when I need a little pick-me-up," Swan-Kohler says. "They keep well for several days this way and are convenient to have on hand."

For a simple but special Halloween treat, top these bars with a white chocolate "spider web." Melt white chocolate chips in a resealable plastic bag; then cut a tip off one corner. Starting from the center, pipe a spiral design over the whole pan of bars. Using a wooden pick, draw lines through the spiral to create a spider web design.

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**Bee Natural**

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## "BEE AS HEALTHY AS CAN BEE" ON HALLOWEEN, PAGE 2:

### Chewy and Nutty Granola Bars

1 1/2 cups old-fashioned oats  
1 cup quick oats  
1 cup all-purpose flour  
1/2 cup packed light brown sugar  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup butter (1 stick)  
1/2 cup pure clover honey (*Burleson's recommended*)  
1 teaspoon vanilla  
1 1/2 cups walnut halves  
1 1/2 cups semisweet chocolate chips

In large mixing bowl, stir together old-fashioned and quick oats, flour, brown sugar, baking soda and salt. In 1-cup glass measure, melt butter in microwave on High for 1 minute. Whisk in honey and vanilla until combined. Add to oat mixture; stir well. Coat 13x9x2-inch baking pan with cooking spray. Press mixture into pan. Sprinkle nuts on top; press into top of oat mixture. Chill in refrigerator at least 15 minutes. Meanwhile, preheat oven to 350° F. Bake for 20 to 21 minutes or until light brown\*. Remove from oven; sprinkle chocolate chips over hot bars. Let bars cool on rack for about 10 minutes to allow chips to melt. Spread chocolate over bars. Let cool completely before cutting into bars. Makes about 2 dozen bars.

\*If using a convection oven, bake at 350° F. for 17 to 19 minutes or until light brown.

#### **Nutrition Facts Per Serving**

Calories – 261, Protein – 4.3g, Carbohydrates – 33g, Total Fat – 13.7g, Saturated Fat – 5.6g, Cholesterol – 10mg, Sodium -104mg, Dietary Fiber – 2.5g

**Halloween Spider Web Bars:** For a special Halloween treat, place 1/4 cup white chocolate chips in a heavy-duty resealable plastic bag; microwave on 50% power for 1 minute or until chips are melted. Cut a tip off one corner. Starting from the center of the pan of bars, pipe on a spiral design. Using a wooden pick, draw lines through the spiral to create a spider web design.

As the air cools down, it's relaxing to sip on something warm and soothing. Hot cider seems to say that autumn has arrived. For your family gatherings or fall parties, make Hot and Healthful Honey-Sweetened Cider. "Whenever I entertain friends or family during the fall, I nearly always greet them at the door with a cup of hot cider," says Nina Swan-Kohler. "It really sets a warm and friendly tone for a party, and the aroma it creates is so inviting." This easy cider recipe combines apple cider with cinnamon sticks and the natural sweetness of golden honey. Whole oranges studded with cloves are heated along with the cider, adding more great flavors and visual appeal. This recipe is made in a slow cooker to keep preparation and serving simple.

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## "BEE AS HEALTHY AS CAN BEE" ON HALLOWEEN, PAGE 3:

### Hot and Healthful Honey-Sweetened Cider

1 gallon apple cider  
1/2 cup pure clover honey (*Burleson's recommended*)  
4 cinnamon sticks  
16 whole cloves  
2 oranges

Pour cider into 4-quart slow cooker. Add honey. Insert cinnamon sticks into each end of orange and stick pointed end of 8 cloves around the center circumference of each orange; add to cider. Heat on High setting for 3 hours. Reduce heat to Warm or Low setting. When cider is hot, ladle into mugs. Garnish with cinnamon stick or orange curl, if desired. Makes 16 servings.

#### **Nutrition Facts: Serving Size = 1/2 cup**

Calories – 137, Protein – .4g, Carbohydrates – 13.6g, Total Fat – 0g, Saturated Fat – 0g, Cholesterol – 0mg, Sodium -1.7mg, Dietary Fiber – .8g

**Quick-Heat Method:** Pour ingredients into large pot. Place on stove top and heat over medium heat for 15 to 30 minutes or until hot. Reduce heat and simmer 15 minutes to combine flavors. Do not boil.

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#### **SIDEBAR:**

These bars are antioxidant-rich and have the power to possibly change your life. They are full of oats, walnuts and honey and topped with dark chocolate—a nearly perfect combination of some of nature's most wholesome ingredients.

- **Oats** are full of phytonutrients that fight diseases because of their antioxidant properties.
- **Walnuts** are one of the few plant sources high in omega-3 fatty acids, and the only nuts that contain a cancer-fighting antioxidant. The amino acid found in walnuts can reduce the risk of heart attacks.
- **Honey** contains a variety of flavonoids and phenolic acids that act as antioxidants, scavenging and eliminating free radicals.
- **Dark chocolate** has the highest antioxidant content of any food.

Source: "12 Best Foods Cookbook" by Dana Jacobi.

For more great recipes and helpful health information, visit [www.burlesons-honey.com](http://www.burlesons-honey.com) or write to

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