

A Honey Of A Treat

(NAPSA)—Some combinations just work—peanut butter and jelly, strawberries and cream, and honey and citrus.

Honey and lemon in tea help soothe a sore throat and smoothies made with honey and orange juice can make a nutritious breakfast or snack. Orange or grapefruit slices drizzled with honey and a sprinkling of cinnamon are perfect for a quick dessert.

For a baked treat, try easy to make *Honey Orange Spicecake*. Baked with both honey and orange juice in the batter, the cake is topped with a simple syrup of honey, orange juice and grated orange peel. It can be prepared and baked in 45 minutes, making it a perfect last minute dessert.

This cake truly highlights the flavor of honey. Honey adds a distinct rich taste and complements the tang of fresh orange. It also adds a golden hue to crust and crumb alike. And, because honey attracts and absorbs moisture, it keeps baked goods moist and helps them stay fresh longer. So, the next time you think of baking, think of honey.

Looking for more great baking recipes? Order the National Honey Board's new honey and baking booklet, *Honey: Bake It Up*, featuring nine recipes with full-color photos. The booklet includes a variety of recipes from scones and yeast bread to cookies and sponge cake. Also included is information on honey usage, substituting honey for sugar in baking and honey storage tips. To receive this new baking booklet, simply send a self addressed, stamped (with 2 stamps), business-sized envelope to: National Honey Board-Dept BL, 390 Lashley Street, Longmont, CO 80501-6045.



Honey-Orange Spicecake Makes 9 servings

- $\frac{3}{4}$ cup honey
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{4}$ cup orange juice
- 2 eggs
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon ground cloves

Orange Syrup

- $\frac{1}{4}$ cup honey
 - $\frac{1}{4}$ cup orange juice
 - 2 teaspoons freshly grated orange peel
- Using electric mixer, beat together honey, oil and orange juice; beat in eggs. In separate bowl, combine dry ingredients; gradually add to honey-**

egg mixture, mixing until well blended.

Pour into lightly greased and floured 9 x 9-inch baking pan. Bake at 350°F for 25 to 30 minutes or until toothpick inserted in center comes out clean. Remove from oven and immediately cut into 9 squares. Pour hot syrup evenly over cake in pan. Cool in pan on wire rack.

To make syrup, in small saucepan, combine honey, orange juice and peel. Bring just to a boil; remove from heat and pour over cake. Prep time: 15 minutes; cook time: 30 minutes.

Nutrition information per serving ($\frac{1}{9}$ of recipe): calories 286; total fat 9g; cholesterol 47 mg; sodium 117 mg; total carbohydrate 49 g; dietary fiber 1 g; protein 4 g.