

Your Just Desserts

Strawberries And Honey Make A Great Pair

(NAPSA)—Eaten out of hand as a snack, or sweetened with honey as a dessert, strawberries can brighten meals and add a healthy dose of nutrition. Besides being delicious, strawberries are a good source of vitamin C, fiber and antioxidants.

Like strawberries, honey can play a part in a healthy diet. Honey provides a rich sweet flavor and is a natural source of vitamins, minerals and antioxidants in small amounts; and all at just 64 calories per tablespoon.

Honey Strawberry Chiffon Pie is a surprisingly light dessert that combines the fresh taste of fruit with the richness of honey. Honey's distinct flavor shines through and you may be surprised to learn that there are 300 different varieties of honey in the United States alone, each with its own distinct flavor. They range in color from pale, almost white sage to the extremely dark buckwheat—and the flavors are just as varied.

Single varietal honeys result from honey bees gathering nectar from the same type of flowers. Author and honey expert, Gene Opton, loves to search out local honeys at farmers' markets. She writes that "some of my favorites are the work of artisan producers—small suppliers who harvest only in specifically designated areas and focus on single-flower honeys." For this recipe, she recommends an orange blossom honey, but why not try experimenting with a few varietals to find your favorite.

For more recipes and informa-



tion on the many sources and types of honey visit the National Honey Board's Web site at www.honey.com.

If you're looking for some great drink recipes, order the National Honey Board's new honey beverage leaflet. Send a self-addressed, stamped, business-sized envelope to: National Honey Board-Dept. DL, 390 Lashley Street, Longmont, CO 80501.

HONEY STRAWBERRY CHIFFON PIE

2 cups coarsely chopped strawberries (12 oz.)
¾ cup honey, divided
1 envelope unflavored gelatin
1 cup light sour cream
Prepared 9-inch crumb crust

In small bowl, combine strawberries and ¼ cup honey;

set aside. In small saucepan, sprinkle gelatin over cold water; let stand 1 minute. Stir over low heat until gelatin is dissolved; stir in remaining ½ cup honey. Transfer to large bowl; stir in sour cream. Cover and refrigerate 20 to 30 minutes or until mixture mounds on a spoon when tested. Using electric mixer, beat mixture at medium speed until light. Fold in strawberries; mix until well combined. Pour into prepared crust. Cover and refrigerate at least 2 hours. Makes 8 servings.

Nutrition information per serving: calories 295; total fat 9 g; cholesterol 10 mg; sodium 203 mg; total carbohydrate 52 g; dietary fiber 1 g; protein 4 g

Tip: Fresh or whole unsweetened frozen strawberries may be used. Thaw frozen strawberries before combining with honey.