

A wooden honey dipper with a bulbous, striped head is positioned above a terracotta pot. A thick stream of golden honey is dripping from the dipper into the pot. The background is a dark, crumpled fabric.

XCentric Ideas

Recipes from Internet
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July 2016
Volume 11 — Issue 6
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Some health benefits of honey ..

FOR SORE THROATS:

Thanks to its antimicrobial properties, honey not only soothes throats but can also kill certain bacteria that causes the infection.

FOR SLEEPLESSNESS:

Take a glass of hot milk with a teaspoon of honey to calm the soul and induce sleep. Or, add 1 or 2 teaspoons of honey to a cup of chamomile tea and sip.

ENHANCES MEMORY:

A 2011 study published in *Menopause* found a daily spoonful of Malaysian honey may boost postmenopausal women's memory, which can provide an alternative therapy for the hormone-related intellectual decline. After four months of taking 20 grams of honey a day, the women were more likely to have better short-term memory than their counterparts who took hormone pills.

COUGH SUPPRESSANT:

Honey can be the all-natural cure when it comes to pesky colds. A persistent cough that won't go away can easily be remedied with two teaspoons of honey. Children between the ages of 1 and 5 with nighttime cough due to colds coughed less frequently when they received two teaspoons of honey 30 minutes before bed.

EXTRA ENERGY:

Next time before you go for a workout, take a spoon of honey to enable you to go for the extra mile.

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LOW ON ENERGY:

Don't grab an energy drink ... eat a few teaspoons of honey or slather the honey on toast.

FOR HANGOVERS:

When you get a hangover from drinking too much alcohol, combat its effects by applying honey remedy. Honey is gentle on the stomach and contains a mix of natural sugars such fructose which is known to speed up the oxidation of alcohol by the liver, acting as a 'sobering' agent. Follow this recipe: 15ml of liquid honey with 80ml of orange juice and 70ml of natural yogurt. Blend them together until smooth.

How to incorporate more honey in your diet:

- Use honey to sweeten your dressings or marinades
- Stir honey into coffee or tea
- Drizzle honey on top of toast or pancakes
- Mix honey into yogurt, cereal, or oatmeal for a more natural sweetener
- Spread raw honey over whole grain toast and top with peanut butter.



3 Ingredient No-Bake Peanut Butter Nut & Seed bars

- 1 cup peanut butter (or other nut butter)
- ½ cup honey
- 3 cups mixture of nuts, seeds and raisins/cranberries

Line a square pan with foil. Spray lightly with non-stick spray.

Melt the peanut butter and honey together until smooth, either in the microwave or stove top. Combine mixture with nuts and seeds.

Press into prepared pan. Place in refrigerator until set. Cut into squares.

Notes:

Keep in fridge because they do soften at room temperature.

Coconut flour marshmallow brownies



50 g coconut flour, sifted
½ cup cocoa powder - *substitute with carob powder if there is a chocolate sensitivity*
½ cup plus 2 Tbs. butter, melted
3 large eggs, at room temperature (egg substitutes will not work)
½ cup plus 2 Tbs. honey
1 tsp. vanilla essence
100g marshmallows, cut smaller, dust with coconut flour

Preheat the oven to 150 oC and grease a glass baking dish (8x8 or 9x9).
Mix together all ingredients (EXCEPT MARSHMALLOWS). You can do this by hand or with an electric mixer or high-powered blender.

Mix in marshmallows by hand.

Pour into the baking dish and bake for 30 minutes, until a toothpick inserted into the centre comes out clean.
Cool for 30 minutes before cutting or removing from the pan.

These store well at room temperature or in the fridge for a few days. Make sure you keep them in an airtight container.



Flourless oil-less fudge muffins

3 ripe bananas
1 ½ cups peanut butter (or other nut butter)
½ cup cocoa powder
¼ cup honey

Preheat oven to 180 oC degrees.

Mix all ingredients together or blend in a food processor and pour into a greased 12 muffin tin.
Bake for 15 minutes.

Let cool, remove from pan, and refrigerate.

Flourless honey orange cranberry choc muffins

1 ½ cups peanut butter (or other nut butter)
5 x-large eggs
2/3 cup honey
2/3 cup cocoa powder, sifted
½ tbsp vanilla essence
¼ tsp salt
1 tsp baking soda / bicarbonate of soda
1 orange, zest
1 cup soft dried cranberries

Preheat the oven 180 oC. Grease a 12 jumbo muffin pan. (or fill with cupcake wrappers)

Beat together nut butter and eggs with an electric mixer until smooth and fluffy (about 5 minutes). Add in honey, cocoa powder, vanilla essence, orange zest, salt and baking soda. Mix well, until mixture is very smooth. Stir in the cranberries.

Divide batter into prepared 12-cup muffin pan. Bake 15-20 minutes, or until puffed up and cracked on top. Remove from oven and let cool in pan about 5 minutes, then transfer to a cooling rack.

Serve with whipped cream cheese or soft goat cheese. Serve warm with a cup of coffee for breakfast.





Flourless blondies with bananas, nut butter and cranberries

- 1 medium ripe banana, peeled
- 1 x-large egg
- ½ heaping cup creamy / crunchy peanut butter (or other nut butter)
- 3 tbsp honey
- 1 tbsp vanilla essence
- ¼ tsp baking soda / bicarbonate of soda
- pinch salt, optional and to taste
- ½ cup soft dried cranberries
- 1 orange, zest

Preheat oven to 180 oC. Prepare square baking tin.

To the food processor add: banana, egg, nut butter, honey, vanilla, baking / bicarb soda and salt. Blend on high speed until smooth and creamy, about 1 minute.

Stir in cranberries and orange zest by hand; don't use the blender because it will pulverize them. Spoon into the baking tin, flatten the top. Bake for 8 to 9 minutes, or until the top is springy to the touch, and a toothpick inserted into the centre comes out clean, or with a few moist crumbs, but no batter. Let cool, cut into squares. Keep in fridge.

No-bake Brownies with coconut flour



1/2 cup coconut flour, sifted
1/2 cup cocoa powder, sifted
1/2 cup peanut butter (or other nut butter)
3/4 cup honey
1/2 cup Purity sweet potato / Purity pumpkin (or just sweet potato puree / pumpkin puree)
Extra cocoa to roll in

Line a deep baking tray with baking paper and set aside.

In a large mixing bowl, add your coconut flour and cocoa and set aside.

In a microwave safe bowl or stovetop, melt your nut butter with your honey until combined. Pour mixture into the coconut flour and mix well. Stir through the Purity sweet potato / Purity pumpkin until fully incorporated and batter is even.

Pour batter into the lined baking dish and refrigerate for a few hours to firm up. Cut into squares and dip into cocoa powder.

You can also roll the mixture into balls and roll it into cocoa, crushed nuts or desiccated coconut. KEEP IN THE FRIDGE!!!



Old-fashioned ginger cookies

6 cups cake flour, sifted
250 g butter, room temperature
2 cups brown sugar
2 heaped tbsp ginger powder
2 x large eggs
1 cup honey
3 tsp baking soda / bicarbonate soda mixed with 2 tbsp milk
¼ tsp salt

Preheat oven to 180 oC. Grease baking sheets. Beat butter and sugar together. Add eggs. Add honey and ginger powder. Add the baking soda / bicarb mixed with milk. Mix well.

Add the flour and mix well. *(It was too much for my processor, so either halve the ingredients or mix it by hand – it's really messy!)* Roll into small balls, place on baking sheet and press with fork. Bake for 10 minutes. Let cool.

Source: Bets Lourens