

# Honey & Lemon Cold Remedy

A quick and easy hot drink to ward off winter colds and chills



PREP TIME

5 mins



COURSE

Drinks



SERVINGS

1 drink

## EQUIPMENT

- Lemon Juicer

## INGREDIENTS

- 1 Lemon
- 1 tbsp Honey
- 1 cup Hot Water

## INSTRUCTIONS

1. Boil some water and pour into your cup
2. Halve the lemon and squeeze the juice from both halves. Remove seeds.
3. Pour the lemon juice into your hot water
4. Add the honey and stir
5. Drink & Enjoy!

## NOTES

It's best to use organic produce where possible. You'll also find this drink quite sharp on the taste buds. That's good, and you can add a little more honey to sweeten it if you prefer. I also prefer to let the water cool a little first before adding the lemon. I find boiling water tends to sterilise or reduce the effectiveness of the ingredients, so warm is better.



KEYWORD

Wellness

# Cinnamon Oatmeal Pancakes with Honey Apple Compote



Recipe courtesy of Food Network Kitchen

*Oats have a tendency to get gummy in pancakes, but when they're blended with the whole wheat flour, they stay light in the batter while adding a nice nuttiness. Lowfat milk saves calories and leaves room for melted butter in the batter. The apple compote takes the place of syrup and is sweetened by unrefined natural sugars.*

...

Level: Easy

Total: 1 hr 25 min

Prep: 10 min

Cook: 1 hr 15 min

Yield: 4 servings

## Ingredients:

- 1 1/2 cups apple cider
- 1 tablespoon honey
- 2 Golden Delicious apples, peeled and cut into 1/2-inch chunks
- 3/4 cup whole wheat flour
- 3/4 cup quick-cooking oats
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon fine salt
- 1 cup lowfat (1-percent) milk
- 3 tablespoons unsalted butter, melted and cooled
- 1 large egg
- 1 teaspoon canola oil

## Directions:

**1** Bring the cider to a boil in a small saucepan over high heat; lower the heat and simmer until reduced by half, 15 to 18 minutes. Stir in the honey and apples, reduce the heat to low and simmer until thick enough to coat the back of a spoon, about 30 minutes.

**2** Meanwhile, combine the flour, oats, sugar, baking powder, cinnamon and salt in a blender until the oats are finely ground. Add the milk, butter and egg and blend until smooth, scraping down the sides of the blender occasionally.

**3** Heat a nonstick skillet over medium-low heat. With a paper towel, wipe the oil on the surface of the heated skillet. Ladle 1 tablespoon of the batter onto the skillet to make a pancake. Make 4 to 5 more pancakes, taking care to keep them evenly spaced apart. Cook until bubbles break the surface of the pancakes and the undersides are golden brown, about 2 minutes. Flip with a spatula and cook for 1 minute more.

**4** Serve immediately with the apple compote, or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, wiping the griddle with the oiled paper towel as needed.



From Food Network Kitchen

# Honey Lemon Garlic Chicken

Juicy Honey Lemon Garlic Chicken with a crispy skin and a sweet, sticky sauce with ingredients you have in your kitchen cupboard! Pan fried first to get that crispy skin, then baked to cook them all the way through, this is one of those chicken dinners you'll be forgiven if you make it once a week. Plus, the optional bonus of making more sauce on the stove top, until it thickens and caramelises in its special honey way, for extra drizzling to serve.



5 from 12 votes

Servings: 5    Author: Karina - Cafe Delites

## Ingredients

- 5 bone in , skin on chicken thighs (2 lbs | 1 kg)
- Salt to taste
- 1/2 cup honey
- 1/4 cup fresh squeezed lemon juice (or juice of 1 lemon)
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 heaping tablespoons minced garlic
- 6 whole garlic cloves , peeled
- Lemon slices and zest to garnish
- Sliced green onions , to garnish

## Instructions

1. Preheat oven to 360°F | 180°C.
2. Place chicken thighs in a large shallow dish and season with salt; set aside.
3. In a large mixing jug, whisk together the honey, lemon juice, soy sauce, vinegar and minced garlic. Pour about 1/4 cup of the sauce over the chicken (or just enough to lightly coat each thigh) and rotate each thigh to coat evenly in the sauce.
4. Heat an oven-proof skillet over medium high heat; sear the chicken skin side down first until golden for about 5 minutes. Turn and repeat on the other side. Drain most of the excess oil from the pan, leaving about 1 tablespoon for added flavour.
5. Arrange chicken skin-side up in the pan; add the whole garlic cloves between the chicken; pour half of the remaining sauce over each thigh (about 1-2 tablespoons per thigh) and bake for 40-45 minutes until the chicken is cooked through and the juices run clear. The skin should be crispy and sticky.
6. While the chicken is baking, pour the remaining sauce into a small pot (or saucepan), and bring to a boil over medium-high heat. Reduce heat down to low and allow to simmer while occasionally stirring; lifting the pot off of the heat when the sauce bubbles up to the rim of your pot, and repeat the process until the sauce has *sightly* reduced and thickened (about 6 minutes).
7. Serve with the remaining sauce, lemon zest and slices, and sliced green onions (optional).

# Honey-Lime Roast Chicken



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 1 hr

Prep: 15 min

Cook: 45 min

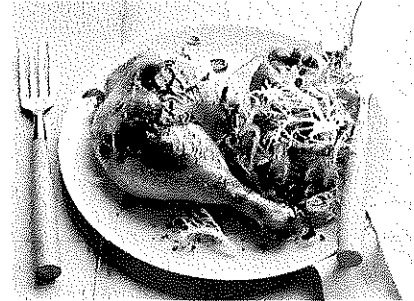
Yield: 6 servings

## Ingredients:

- 1 small bunch fresh thyme
- Juice of 2 limes
- 4 cloves garlic, smashed
- 3 jalapeno peppers, halved, seeded and thinly sliced
- 1/2 cup extra-virgin olive oil
- 2 tablespoons honey
- Kosher salt
- 3 half chickens (about 1 1/2 pounds each)
- 3 tablespoons unsalted butter, cut into pieces

## Directions:

- 1** Strip the thyme leaves from the stems; combine the leaves and stems with the lime juice, garlic, jalapenos, olive oil, honey and 1 teaspoon salt in a large bowl. Add the chicken and turn to coat. Cover and marinate 30 minutes to 1 hour at room temperature.
- 2** Position a rack in the upper third of the oven; preheat to 425 degrees F. Put the chicken, skin-side up, on a foil-lined rimmed baking sheet and tuck the wing tips underneath. Pour the marinade on top, season with salt and dot with the butter.
- 3** Roast the chicken, basting with the pan juices halfway through, until the skin is amber and a thermometer inserted into the thigh registers 160 degrees F, about 45 minutes. Transfer to a platter and top with the pan juices.



Photograph by Con Poulos  
Courtesy of Food Network Magazine

# Honey-Mustard Dressing



Recipe courtesy of Food Network Kitchen



Total: 15 min

Prep: 15 min

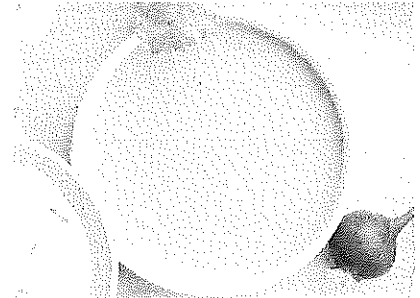
Yield: about 1 cup

## Ingredients:

- 1/4 cup plus 1 tablespoon Dijon mustard
- 1/4 cup honey
- 1/4 cup cider vinegar
- 1 1/2 teaspoons kosher salt
- 1/4 cup plus 2 tablespoons vegetable oil, like soy, peanut, or corn

## Directions:

In a medium bowl, whisk together the mustard, honey, vinegar, and salt. Gradually whisk in the oil to make a creamy dressing. Use immediately or store in the refrigerator, covered, for up to 3 days.



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# Honey and Cinnamon Glow Skin Mask

[Print Recipe](#)

 Prep Time	5 minutes
 Cook Time	30 seconds
 Passive Time	10 minutes

 Servings

1

person

Metric 



Votes: 0  
Rating: 0  
You:

## INGREDIENTS

- 3 tablespoons honey (preferably raw)
- 1 tablespoon cinnamon (preferably Ceylon)

## INSTRUCTIONS

1. Mix together the two ingredients.
2. Microwave for 30 seconds.
3. Make sure it's not too hot, and then paint the mixture on your face.
4. Let it sit for 10 minutes.
5. Rinse off and pat your face dry with a clean towel

## RECIPE NOTES

Or you could just mix a very small amount of honey and cinnamon and use as a spot treatment.

## SHARE THIS RECIPE

## **Comb-Grown Goodness**

### **Dropped Honey Teacakes**

Cream:

- 1 c. softened butter (I used 1 c coconut oil and 1 tsp flavoring)
- 4 eggs
- 1 cup honey

Add:

- 4 ½ c whole wheat flour
- ½ tsp ground nutmeg
- 1 tsp vanilla extract
- 1 Tbsp baking powder
- ¼ c buttermilk

Beat well. Drop dough by tablespoonfuls onto greased cookie sheets. Bake at 375°F for ~10 minutes, or until lightly browned. Cool. Makes about 6-7 dozen. (The original recipe "Dropped Teacakes" calls for 2 ¼ c sugar and probably white flour and was from Margaret Kennard in Starkville, Mississippi.)

### **Honey Cookies**

Mix well:

- 1 ½ c honey
- 1 c butter or oil (I used coconut oil and 1 tsp butter flavoring)
- 3 Tbsp baking powder
- 1 Tbsp ground ginger

Add:

whole wheat flour

to make stiff dough, roll and cut out OR to make soft dough, spoon out. Place on greased baking sheet. Bake at 375°F for ~10 minutes. Makes about 6-7 dozen. (The original recipe "Syrup Cookies" calls for ½ c honey, 1 c syrup, and white flour and was from Ed Cotten of Zavalla, Texas.)

They are basically the same cookie with different spices in them. Both old-fashioned and good. ~ Rita Hester

### **Raspberry-Lime Fruit Soda**

*Good Housekeeping*, Oct 2016

Blend 2 c raspberries, ¼ c fresh lime juice, 2 T honey until smooth. Strain seeds out; puree can be refrigerated up to a week. To serve, combine with sparkling water and ice, as desired. Makes 1-2 c concentrate, enough for 4-6 servings.