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FOR IMMEDIATE RELEASE

NEWS FILLER:

A Baking Tip from Mother Nature

Do you want a healthy, natural, but sweet alternative to sugar? Try honey! Because honey is pure, with no additives or preservatives, and rich in vitamins and minerals, it provides a healthy alternative to sugar without sacrificing any sweetness. Many amateur and professional bakers use the amber nectar in place of sugar, making their baked goods moist and golden-hued. September's National Honey Month is a good time to experiment with honey when baking or cooking. When enhancing your favorite baked good recipe with honey, Luella Gamber, co-founder of Dutch Gold Honey, offers the following guidelines:

- Substitute honey for up to half the sugar in the recipe.
- Reduce the required liquid by one-quarter cup for each cup of honey used.
- Add one half teaspoon of baking soda for each cup of honey used.
- Reduce oven temperature by 25°F to prevent overbrowning.

Source: Dutch Gold Honey, Inc., Lancaster, Pa.

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