


Honey Bee News Letter

～Fruit Juice Infused Honey version～

Thank you so much for your continuous support for Sugi Bee Garden.

This customer feedback and product information will be issued regularly, to enhance your customers and end-users satisfaction, which shall lead to becoming a frequent user. We hope this will be a help of you.



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Health measures with Fruit Juice Infused Honey!

You may be familiar with “Fruit Juice Infused Honey” as drinks or jam, but it can also support your health.

1. Energy

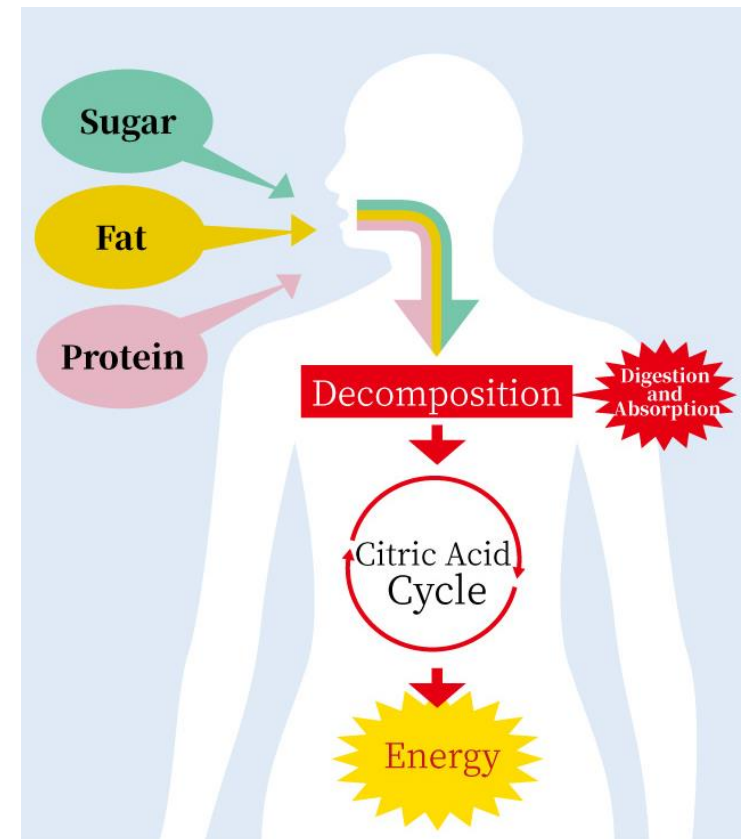
As Fruit Juice Infused Honey contains citric acid, the citric acid cycle in the body becomes smooth, producing energy. Our body generates energy from glucose using a mechanism called the “citric acid cycle”. We can say that citric acid is a compound that is essential for generating energy and keeping us alive.

2. Low calories

No sugar is used and the sweetness solely comes from the honey. Compared to sugar, the calories are only two-thirds.

3. Fatigue recovery

When honey is incorporated into the body, it can work to neutralize the alkalinity in the body. For those of you who feel persistent fatigue every day, your body is easier to get acidic, so eat some honey which will help your body recover from the fatigue.



Hydrate with "Fruit Juice Infused Honey" to save life in hot summer!

Dissolve Fruit Juice Infused Honey in water and add a pinch of salt to make the perfect drink for rehydrating in summer.



- For your growing children or grandchildren
- To rehydrate after breaking a sweat
- For people who do manual labour
- For rehydrating to combat the heat



Example: Dilute Yuzu & Honey with water in a 1 to 5 ratio and add a pinch of salt.

Easy and healthy recipe using "Fruit Juice Infused Honey" (Yuzu & Honey version)

● SPECIAL DRINK OF YUZU & HONEY AND VINEGAR



◎Ingredients (for 1 serving)

- | | |
|--------------------------------|-----------|
| • Yuzu & Honey | 2mL |
| • Hot or Cold water | 160~180mL |
| • Honey and Apple Vinegar (*1) | 2mL |

【How to cook】

1. Mix Yuzu & Honey with equal parts honey and apple vinegar.
2. Dilute it in 4-4.5 parts water, dissolving and mixing.
Add mint to your liking.



(*1)
Honey and Apple Vinegar

● ONION DRESSING WITH YUZU & HONEY



◎Ingredients (for estimated amounts people)

- | | | | |
|---------------------------|---------------|----------------------------|--------------|
| • Yuzu & Honey | 4 tablespoons | • New onions (medium size) | 1 |
| • Soy sauce | 1 teaspoon | • Olive oil | 150mL |
| • Honey vinegar (vinegar) | 150mL | • Salt | 1/2 teaspoon |
| • Pepper | One pinch | | |

【How to cook】

1. Grate the onion into a large bowl.
2. Add Honey vinegar, soy sauce, and Olive oil little by little, and mix well using a whisk.
Mix salt, pepper and Yuzu & Honey together.
3. Store 2 in a dressing bottle.