

# Honey Bee News Letter

Fruit Juice Infused Honey ~Yuzu & Honey~

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

This customer feedback and product information is 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.



# Steps for healthy living with Yuzu & Honey!

“Yuzu & Honey” has a strong image as a drink or jam.  
It can also be useful for a healthy living for everyone.

## ①Energy

The citric acid in yuzu lubricates the citric acid cycle and produces energy. Our body creates energy from glucose through a mechanism called the "citric acid cycle". Citric acid can be said to be a necessary ingredient for energy, which is essential for vital activities.



## ②Low-calorie

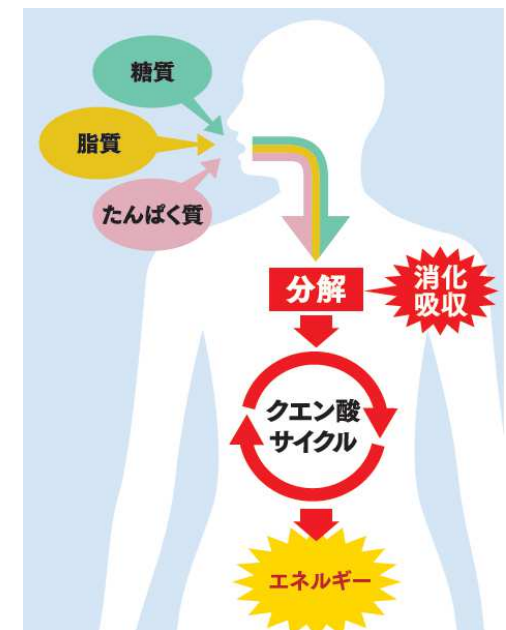
Honey has 2/3 the calories of sugar. Enjoy the natural sweetness in a delicious and healthy way.

## ③Fatigue relief

When honey is taken into the body, it turns alkaline and helps to neutralize the body. If you find it difficult to get rid of daily fatigue, your body may be prone to acidity! Eat honey to help relieve fatigue.

## ④As Oral Rehydration Solution

Yuzu honey with a pinch of salt and water makes a great nutritional drink for rehydration.



## Easy Recipes with Yuzu & Honey

### SPECIAL DRINK OF YUZU&HONEY AND VINEGAR



◎Ingredients (for 1person)

- Yuzu & Honey 20mL
- Hot or Cold water 160~180mL
- Honey and Apple Vinegar (\*1) 20mL

[How to Make]

- 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 1person)

- |                                 |                              |
|---------------------------------|------------------------------|
| • Yuzu & Honey 4 tablespoons    | • Seasonal Onions (Medium) 1 |
| • Soy sauce 1 teaspoon          | • Olive oil 150mL            |
| • Honey vinegar (vinegar) 150cc | • Salt 1/2 teaspoon          |
| • Pepper One pinch              |                              |

[How to Make]

- 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.