

Honey Bee News Letter

～Pure Honey Mixed Flower Honey Made in Japan～

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Thank you for your continued support for Sugi Bee Garden.

This News Letter will be regularly sent out with product information and customer feedbacks of Sugi Bee Garden.

I hope you find it useful.



Pure honey from Sugi Bee Garden Mixed Flower Honey Made in Japan



Sugi Bee Garden's Japan made honey is grown and harvested by ourselves. As the name suggests, Mixed Flower Honey is a honey collected in the meadow where many kinds of flowers bloom, and is characterized by its deep sweetness and taste. Please enjoy the natural and pure honey as it is.

Characteristics of natural pure honey

1. The colors and flavors vary

The colors and flavors may vary depending on the area and time and weather of honey collection. Even the same type of honey may change depending on the time of harvest.

2. The amazing health power

- Honey can be absorbed in a short time and easily becomes energy because it is a monosaccharide.

- Low in calories compared to the same amount of sugar.



384kcal per 100g



294kcal per 100g

- Contains abundant nutrients and is well-balanced.

Viatmins

Minerals

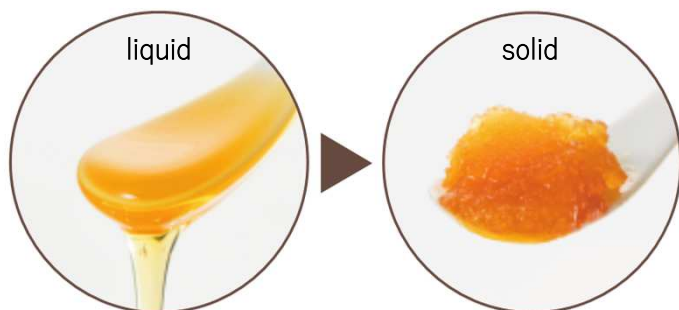
Amino Acids

Enzymes

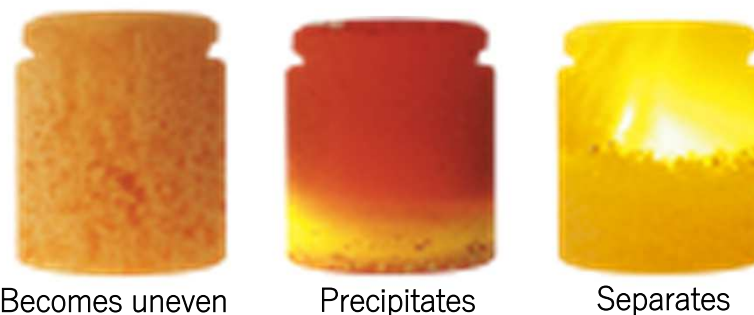
Characteristics of natural pure honey

3. Although honey may crystallize, there is no affect in quality and you may enjoy it deliciously.

■ Crystallization is the change from a liquid to solid. ■ Crystallization types



* Crystallization has various states.
Rough, crushed, creamy, hardened, and others.



* There are various other ways of crystallizing.

■ Crystallized honey does not drip so is easy to put on foods You can enjoy its various textures.

Put on bread and make a crunchy toast

Put on cheese and make hors d'oeuvre

Put on crackers and make a snack

Simple recipes using Mixed Flower Honey Made in Japan

Honey banana frozen yogurt



Ingredients (for 5-6 servings)

- 2 Bananas
- 400 grams Plain yogurt (Non-sugar)
- 4 Table spoons of Mixed Flower Honey Made in Japan
- *Freezer bag

[How to make]

1. Peel the bananas, put them into the freezer bag and smush them.
2. Add the yogurt and honey and mix them together while massaging well.
3. Freeze the mixture until it hardens in the freezer.
4. Knead while in the freezer bag and serve in a dessert glass.

Spareribs



Ingredients (for 4 servings)

- 600 grams Pork spare ribs
- 3 Table spoons of Gochujang [A]
- 2 Table spoons of Soy sauce [A]
- 1 Clove of grated garlic [A]
- 3 Table spoons of Honey [A]

[How to make]

1. Put the spare ribs in a thick plastic bag, add [A] mixed well, close the mouth, and rub it with your hands until it fits in the whole.
2. Place parchment paper on the baking tray and place 1. with the sauce. Bake in an oven heated to 230 °C for 25-30 minutes.