



Honey Bee News Letter

~Fruit Juice Honey
Blueberry & Honey Version~

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. We hope you find it useful.

Blueberry & Honey

Featured Ingredient: Anthocyanins

Anthocyanins contained in blueberries have an **excellent antioxidant effect** and are **effective in reducing eye strain and improving lifestyle diseases**. It is also known that anthocyanins relieve the **painful symptoms of hay fever**.



When the Season Changes

Minerals, polyphenols, and abundant vitamins contained in blueberry juice and honey gently support your delicate body and health at the change of the season.

For Your Daily Eating Habit

You can mix it with yogurt, coffee, or tea and enjoy it as **a substitute for sugar**.



Easy Recipes Using Blueberry & Honey 🎵 🎵



🍇 Blueberry & Honey Toast

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|----------------------|------------------------|
| ◆ Ingredients | (for 1 serving) |
| - white bread | 1 slice |
| - cream cheese | 50 grams |
| - Blueberry & Honey | 1 table spoon |
| - blueberries | as you like |
| - plain yogurt | 50mL |

◆ Instructions

1. Bring the cream cheese to room temperature.
2. Mix cream cheese and yogurt while toasting the bread.
3. Spread 2. on the toasted bread, put blueberries on it, and sprinkle Blueberry & Honey to complete.



🍇 Hot Chocolate

| | |
|----------------------|------------------------|
| ◆ Ingredients | (for 1 serving) |
| - Blueberry & Honey | as you like |
| - milk | 240mL |
| - chocolate bar | 1 piece (50 grams) |
| - marshmallows | a little |

◆ Instructions

1. Finely chop the chocolate bar.
2. Put the milk in the pan and bring to a boil while mixing with a whisk.
3. Turn off the fire of [2] , add [1] little by little and mix well with a whisk.
When it melts, warm it again and pour it into a cup.
4. Add marshmallows if you like and sprinkle with blueberries and honey.