

Honey Bee News Letter

~Fruit Juice Honey Raspberry & Honey Version~

Thank you so much for your continuous 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.



Featured Elements of Raspberry

(1) Raspberry Ketones

The scent of raspberries contains a component called raspberry ketone, which is said to have a fat burning effect. Raspberry ketone is similar in structure to capsaicin contained in chili peppers, and its effect is said to be about three times that of capsaicin.



(2) Polyphenols and vitamin E

Raspberries have a very high antioxidant effect. It can be expected to prevent lifestyle-related diseases and have anti-aging effects.



Pour on yogurt

Recipe using Raspberry & Honey



Raspberry & Honey cheesecake in glass

◆ Ingredients (for 6 glasses of 180mL size)

• OREO cookies (for crust)	8 pieces
• Cream cheese	200g
• Plain yogurt (Fat-free)	200g
• Honey or Raspberry & Honey	60g
• Powdered gelatin	5g
• Lemon juice	1 teaspoon
• Vanilla extract	small amount
• Raspberry & Honey	as you like

◆ Directions

1. Put Oreo in a storage bag, deflate the air, close the mouth, and beat it with a rolling pin to crush it into small pieces.
2. Warm the cream cheese in the microwave to soften it. Put the cream cheese in a bowl and mix and knead with a whisk until smooth.
3. Add honey, yogurt, lemon juice, vanilla extract, and melted gelatin in this order, and mix well each time. Strain with a strainer or a fine mesh colander.
4. Spread the Oreo into a glass and a desired amount of Raspberry & Honey (not included in recipe) and 3 in this order.
5. Cool well in the refrigerator.
6. Finally, add Raspberry & Honey to finish!