

Honey Bee News Letter

~Fruit Juice Honey Apple & 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.

Features of Apple & Honey

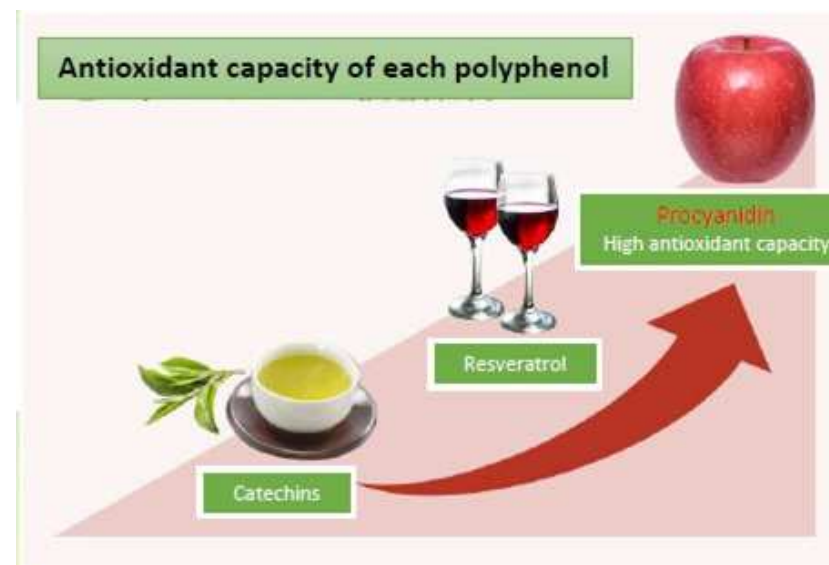
Use green apples

Green apples from Aomori are used. The sweetness is relatively controlled and refreshing.



Notable ingredients of apples : Procyanidins

the main component of polyphenols contained in apples (collectively known as apple polyphenols). Speaking of polyphenols, “catechins” in green tea and “resveratrol” in red wine are well known to the general public, but “procyanidins” have been shown to have even greater antioxidant power than these.



Easy recipes using Apple & Honey



Delicious when chilled too! Apple Ginger Tea

◆Ingredients (2 servings)

- | | | | |
|---------------------------|--------------|-----------------|--------------|
| • Tea bag | 2 bags | • Apple & Honey | 1 tablespoon |
| • Apple | 1/4 apple | • Hot Water | 300ml |
| • Ginger Pickled in Honey | 1 tablespoon | | |

◆How to make

1. Wash the apples well and slice the skin into 3 mm thick slices and place in a pot.
2. Brew two cups of tea.
3. Pour the teas (2) into the pot (1), add pickled ginger and the apple & honey, let steep a little, and pour into a cup.



Ginger Pickled in Honey

*A Sugi Bee Garden's popular product made from ginger pickled in honey.