

Honey Bee News Letter

~ Fruit Juice Honey Lemon & 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 Lemon

Featured element (1): Vitamin C

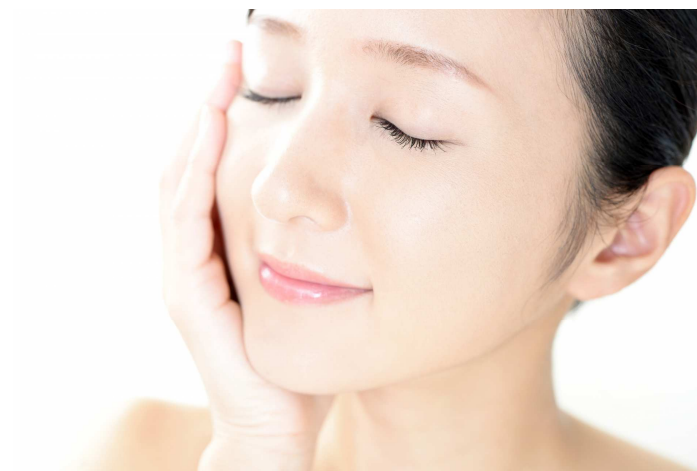
Vitamin C, which is well-known for its skin-beautifying effect, is expected to have an antioxidant effect that prevents rough skin such as acne, and an effect that helps collagen production.

Featured element (2): Citric Acid

Lemon also contains a large amount of citric acid, which has the effect of reducing lactic acid, which is a fatigue substance, and activating metabolism.

Featured element (3): Limonene

It is said to have a **relaxing and anxiolytic effect**.



Easy Recipes with Lemon & Honey



French Toast

● Ingredients (1 serving)

- Bread of your choice - white bread / British bread 1 slice
- Egg 1
- Lemon & Honey 30mL
- Milk 80mL
- Butter 10gr
- Vegetable oil 5mL
- Lemon & Honey to garnish As you like
- Your favorite fruits As you like

● Directions

1. Crack the eggs into a bowl and stir well. Add Lemon & Honey and mix well again. Add in the milk to complete the egg mixture.
2. Pour (1) into a dish, and dip in the bread that has been sliced into half thoroughly on both sides.
3. Heat the oil and butter in the frying pan, and reduce the heat once the butter has melted. Put (2) in and fry until golden brown on one side. Flip it over using a spatula and fry until both sides are golden brown.
4. Place (3) onto a plate, add in the fruits as desired, and serve with an appropriate amount of Lemon & Honey.



“Lemon & Honey” Japanese Pear Compote

● Ingredients (1 serving)

- Japanese Pear 1
- Lemon & Honey 3 Tablespoons
- Water 300mL



Lemon & Honey

● Directions

1. Place the water, 'Lemon & Honey' and Japanese pear in a pan and heat over medium heat. Remove the scum.
2. Reduce the heat to low heat, cover with parchment paper and simmer for about 15 minutes.
3. Transfer to a heat-resistant container, and cool it down before putting it in the refrigerator to complete.
4. Use it as you like, such as on yogurt or vanilla ice cream.