

# Honey Bee News Letter

~Fruit Juice Honey Maple & 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.



**Maple Honey is a combination of maple syrup and honey.  
It is popular for its flavor and rich sweetness.**

## About Maple Syrup

Maple syrup is a naturally derived syrup made by boiling down the sap of maple trees, which is rich in minerals.

## About minerals in maple syrup

**Potassium:** Reduce swelling and stimulate metabolism

**Magnesium:** Normalize blood sugar levels and regulates blood pressure

**Zinc:** Stimulate metabolism of proteins and carbohydrates

Minerals support the activities of our organs and cells, and become the basis of our teeth and bones. Therefore it is an essential component of life.

## Recommended Use

Serve on bread or pancakes. It can also be used as a sugar substitute in hot milk, coffee and tea.



Add cinnamon to the hot milk if you like.  
It will warm your body and soul.

# Easy recipes using Maple Honey



## Mitarashi Mochi

### ◆ Ingredients (2 servings)

- |                   |               |
|-------------------|---------------|
| • Mochi rice cake | 4pieces       |
| • Soy sauce       | 3 tablespoons |
| • Water           | 100mL         |
| • Maple Honey     | 60~80g        |
| • Potato starch   | 10g           |

### ◆ How to cook

1. Toast the mochi rice cake to slightly golden brown in a toaster oven.
2. In a small saucepan, dissolve the potato starch in water, then add the maple honey and soy sauce and mix well. Cook over medium heat, stirring well until the mixture thickens. Place 1 in a bowl and pour over 2.