

## **Kevin & Jeanne's homemade Honey-B-Healthy Recipe:**

*We have used this for some time: it works great and costs pennies to make.*

### **Ingredients:**

5 cups water

2.5 lbs. sugar

1/8 teaspoon lecithin granules [this is a emulsifier]

15 drops spearmint oil

15 drops lemongrass oil

### **How to Prepare It:**

Pre-soak the lecithin granules overnight in a small amount of water.

Dissolve sugar and water as you would for syrup

Remove from heat and add ingredients; stir and let cool

Place in blender and whip for 3 to 4 mins.

About their Honey-B-Healthy recipe, Kevin commented that commercial HBH has sodium laurel sulphate: they don't use that, yet their bees like it. They put this in their mix and feed not during a nectar flow, but during spring buildup and for fall feeding. Kevin also notes that when you use lecithin granules, you want to presoak the granules overnight, then stir them up well and be sure they dissolve, then put the mix in the blender and whip it. Then put it in the refrigerator. You can make this for pennies, whereas commercial HBH is spendy.