

Vegan Honey

Swick

Makes 2.0 cups | Active Time: 5 minutes | Total Time: 25 minutes

Step 1: Making the Vegan Honey

- 1/2 cup brown rice syrup
- 1/4 cup pure maple syrup, Grade A, dark or dark amber
- 1 tsp organic granulated sugar
- thinly sliced orange
- thinly sliced lemon

To make the vegan honey, combine the rice and maple syrups and sugar in a medium saucepan with high sides. Place over medium heat and bring to a boil. Add the sliced fruit.

Lower the heat and cook at a low boil for 15 minutes, stirring a few times. Adjust the heat as necessary, to maintain a low boil.

Once the desired consistency has been reached, pour the syrup through a fine-mesh strainer into a jar.

To test the final consistency: Spoon a tablespoon into a small dish and refrigerate 10 minutes. If the honey is thick enough to drip thickly off a spoon, cool to room temperature in the saucepan. If not, cook it for another few minutes and do the test again.

Cover and refrigerate for up to 2 weeks.

Chef's Notes

When using the zest of citrus in your recipes, be sure to choose unsprayed, organic citrus for optimum results and to avoid pesticides in your food.

Store the honey in the refrigerator and use it for drizzling on things like non-dairy yogurt and puddings or use as a delicious alternative sweetener.

This recipe was inspired by talented (and lovely) Fran Costigan.