



The Goodness of Honey (Hardback)

By Hannah Coughlin

Octopus Publishing Group, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. A natural sweetener that has antioxidants and is free of fat and cholesterol; plus it s sweeter than standard sugar so you can use less and reap more benefits. Honey has been used as a food, medicine and more by cultures all over the world for at least the last 8,000 years - ancient Egyptians used it to preserve the bodies of important elders. It is essential for healthy living - with antibacterial and antifungal properties, and giving the immune system a boost it can help alleviate many ailments, from IBS and gastric ulcers, wound-healing and burn treatment to rheumatism, high blood pressure and baldness. Part of The Goodness Of series of healthy ingredient-led cookery books, this book offers vibrant recipes packed full of goodness. From Baked Energy Bars to Honeyed Carrot Cupcakes, and from Foolproof Root Vegetables to a Fig, Nectarine, Burrata Prosciutto salad, these delicious recipes will allow you to embrace your love for honey without the guilt.



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