



Creamed Honey's creamy texture makes it more versatile than liquid honey, since it can be used like a spread and doesn't drip. If you spread it on bread or toast, it will not run off like liquid honey might (try a peanut butter and creamed honey sandwich!). You can use it like frosting, a topping for yogurt or oatmeal, or scooped into a beverage. It measures exactly the same as liquid honey.

- - But what is creamed honey?

Often called spun honey, or whipped honey, creamed honey is simply the controlled crystallization of raw honey. By controlling the crystallization process, the crystals are very fine and smooth compared to the rough grittiness of

honey that is left to crystallize on its own in the jar in your pantry (keep in mind that crystallization is a natural state of raw honey - it is NOT 'honey gone bad'). The smaller the crystals, the more pleasant the creamed honey. Creamed honey should feel smooth like velvet on your tongue.

Our creamed honeys are all 100% RAW HONEY; "Creamed" refers to its Creamy Texture. Despite being called "creamed", there is no cream or any dairy products in it. In fact, there is NOTHING added to the raw honey to produce the creamy consistency; it is just crystallized raw honey! If left in the sun, or in a warm place, Creamed Honey can even revert back to its liquid honey state. To retain the creamy consistency, Creamed Honey should be kept in a cool place. Refrigeration is best, although not required; room temperature creamed honey will not spoil.