



**DIRECTIONS:**

Use as a sweetener. Substitute for sugar or honey in recipes.

*Sugar Substitute:* Simply use dry honey powder instead of sugar at same measurement as called for in recipes.

*Liquid Honey Substitution:* 1 cup liquid honey is equal to 1 cup honey powder and 1/4 cup water.

*Re-hydration:* Slowly add 1/4 cup cold water to 1 cup honey powder. Mix well. Heat mixture on low to dissolve sugars. Place in a covered jar and cool.

# HONEY POWDER



**NET WT 3 LBS (1.36 kg)**

**Nutrition Facts**

Serving Size 1 Teaspoon dry (4g)  
Servings Per Container 340

**Amount Per Serving**

**Calories 15**      Calories from Fat 0

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 5mg**      **5%**

**Total Carbohydrate 4g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 4g

**Protein 0g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 0%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram: Fat 9      Carbs 4      Protein 4

Use as you would fresh honey.

**INGREDIENTS:** Honey powder (refinery syrup, honey), fructose.

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

Contains oxygen absorber. Discard immediately upon opening.

**Shelf Life:** Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

DH52-0811



Distributed by  
Harveston Farms™  
150 North Main #204-9  
Heber Utah 84032 ©2011

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