



340
SERVINGS



**SHELF LIFE UP TO
30 YEARS**

Certified



Gluten-Free

**Shelf Life: Best when stored
in a cool dry place at
temperatures between 55° and
70° F (ideal humidity 15%).**

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

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Honey Powder

Nutrition Facts

Serving Size: 1 Tsp (4g dry)
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 0mg	0%
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.

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

Calories per gram: Fat 9 Carbs 4 Protein 4

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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. Use as you would fresh honey.

Suggested uses for Honey Powder

- Add to your favorite herbal tea; honey is known for its soothing properties.
- Use to sweeten your favorite hot drink.
- Sprinkle on buttered toast or cereals.

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