



Beat the Heat Sweet Summer with NAFED'S FPO HONEY



From Hive to Home:
Nature's Sweetest Treasures

Curated by NAFED - Promoting Pure,
Farmer-Harvested FPO Honey Across India



INTRODUCTION

Welcome to **“Beat the Heat – Sweet Summer with NAFED’S FPO Honey”**, a thoughtfully curated collection of refreshing recipes crafted with pure, natural honey sourced directly from **Farmer Producer Organizations (FPOs)** formed under the **Central Sector Scheme for Formation and Promotion of 10,000 FPOs**.

This initiative is implemented by **NAFED (National Agricultural Cooperative Marketing Federation of India Ltd.)**, one of the key agencies working to strengthen farmer collectives, promote value-added products, and connect rural producers to wider markets. The honey featured in this book is a testament to the dedication and care of our FPOs—produced using ethical, sustainable methods and delivered with purity straight from the hive.

Each recipe highlights the versatility, **health benefits, and rich flavor** of FPO honey—perfect for hot summer days. Whether you're in the mood for a hydrating drink, a quick wholesome snack, a light salad, or a chilled dessert, these easy-to-make recipes bring sweetness to your table while supporting the livelihoods of Indian farmers.

By choosing **Honey from farmer collectives**, you're not only embracing clean, natural nutrition—you're also contributing to a sustainable, farmer-led future.

Let this book inspire you to **beat the heat naturally**, with love, purpose, and honey.

Mint Honey Lime Cooler

A zesty and hydrating drink, perfect for hot afternoons.

Ingredients:

- Juice of 2 fresh limes
- 1 tbsp NAFED'S FPO honey
- 6–8 mint leaves
- 1 cup chilled water or soda
- Ice cubes
- Pinch of black salt

Instructions:

1. Muddle mint leaves in a glass.
2. Add lime juice, honey, and black salt. Stir well.
3. Pour in chilled water or soda.
4. Add ice cubes and stir again.
Pinch of black salt

Serving Suggestion:

Garnish with lime slices and fresh mint.

Inspired By:

Traditional Indian shikanji with a honey twist.



Iced Green Tea with Honey

A refreshing, antioxidant-rich iced tea.

Ingredients:

- 2 green tea bags or 1 tbsp loose green tea
- 2 cups hot water
- 1–2 tbsp NAFED'S FPO honey
- Juice of 1/2 lemon
- Ice cubes
- Lemon slices (for garnish)

Instructions:

1. Brew green tea in hot water for 2–3 minutes.
2. Let it cool and remove the tea bags.
3. Stir in honey and lemon juice.
4. Pour over ice and garnish with lemon slices.

Serving Suggestion:

Serve chilled in tall glasses with a sprig of mint.

Inspired By:

Modern wellness tea blends.



No-Bake -Honey Oat Cookies

A quick and nutritious snack packed with energy and flavor.

Ingredients:

- 1 cup rolled oats
- 1/2 cup peanut butter (or almond butter)
- 1/4 cup NAFED'S FPO honey
- 1/4 cup chopped nuts (optional)
- 1/4 cup desiccated coconut or dark chocolate chips (optional)

Instructions:

1. Mix oats, nut butter, honey, and any optional add-ins in a bowl.
2. Scoop and roll into small balls or flatten slightly to form cookies.
3. Chill in the fridge for 1 hour to set.

Serving Suggestion:

Store in airtight containers; ideal for mid-day snacks.

Inspired By:

Quick protein-packed recipes for busy days.



Mustard Summer Salad with Honey

A zesty, crunchy, and wholesome bowl of goodness.

Ingredients:

- 1 cup shredded lettuce
- 1/2 cucumber (sliced)
- 1/2 cup cherry tomatoes (halved)
- 1/4 cup shredded carrots
- 1 tbsp olive oil
- 1 tbsp NAFED'S FPO honey
- 1 tsp Dijon mustard
- Salt & pepper to taste

Instructions:

1. In a small bowl, whisk together olive oil, honey, mustard, salt, and pepper.
2. In a large salad bowl, toss the veggies.
3. Drizzle the dressing and toss again.

Serving Suggestion:

Add grilled paneer or feta for extra protein.

Inspired By:

Inspired by summer-style continental garden salads.



Vanilla Ice Cream with Honey (No-Churn)

Naturally sweet and creamy, this homemade ice cream is a guilt-free indulgence.

Ingredients:

- 2 cups full-fat milk or cream
- 1/2 cup NAFED'S FPO Honey
- 1 tsp vanilla extract

Instructions:

1. Gently warm milk over low heat (do not boil).
2. Stir in honey and vanilla until dissolved.
3. Let the mixture cool completely.
4. Pour into a shallow tray or container and freeze.
5. Every 2 hours, stir vigorously to break ice crystals (repeat 3–4 times), or use an ice cream maker.

Serving Suggestion:

Top with caramelized nuts or drizzle with warm honey.

Inspired By:

Inspired by slow-churn Indian-style kulfi techniques.



Creamy Peach & Honey Popsicles

Bursting with ripe peach flavor, these popsicles are creamy and dreamy.

Ingredients:

- 2 ripe peaches (peeled and chopped)
- 1 cup plain Greek yogurt
- 2–3 tbsp NAFED'S FPO Honey
- Splash of vanilla extract (optional)

Instructions:

1. Blend peaches, yogurt, honey, and vanilla until smooth.
2. Pour into popsicle molds.
3. Freeze for 6–8 hours or overnight.

Serving Suggestion:

Store in airtight containers; ideal for mid-day snacks.

Inspired By:

Quick protein-packed recipes for busy days.



Baked Apples with Honey & Cinnamon

A warm dessert that doubles as a comforting breakfast.

Ingredients:

- 2 apples (cored and halved)
- 1 tbsp NAFED'S FPO Honey
- 1/2 tsp cinnamon
- 1 tbsp chopped nuts or oats (optional)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Place apple halves in a baking dish.
3. Drizzle honey over them and sprinkle with cinnamon.
4. Add chopped nuts or oats to the center of each apple half.
5. Bake for 25–30 minutes until soft.

Serving Suggestion:

Serve warm with a scoop of vanilla yogurt or ice cream.

Inspired By:

Traditional Indian and Western baked apple dessert fusion.



Honey Chamomile Popsicles

Delicate floral notes and natural sweetness come together in this soothing popsicle.

Ingredients:

- 2 cups brewed chamomile tea, cooled
- 2 tbsp NAFED'S FPO Honey
- 1/2 cup coconut milk or almond milk
- 1 tsp lemon juice

Instructions:

1. Mix chamomile tea, honey, coconut milk, and lemon juice until well combined.
2. Pour mixture into popsicle molds.
3. Freeze for 6–8 hours or overnight.

Serving Suggestion:

Serve directly from the freezer for a refreshing summer treat —ideal before bedtime.

Inspired By:

The gentle, calming nature of chamomile paired with the soothing sweetness of honey offers a serene escape from the summer heat and the stress after a busy day.

