

THERE'S SUGAR IN MY HONEY?!

THE TRUTH ABOUT HONEY CRYSTALLIZATION: blog.beeraw.com



The crystallization of honey is little understood by the consuming public. Many assume that crystallized honey is adulterated or 'spoiled.' **This is not so...**

In fact, the crystallization process is natural and spontaneous. Pure, raw and unheated honey has a natural tendency to crystallize over time with no effect to the honey other than color and texture.

What's more, the crystallization of honey actually preserves the flavor and quality characteristics of your honey. Some honey users even prefer it in this state as it is easier to spread on bread or toast. Indeed, some raw honey recipes can be easier to make with partially or fully-crystallized honey —and, the taste is richer.

When glucose crystallizes, it separates from water and takes the form of tiny crystals. As the crystallization progresses and more glucose crystallizes, those crystals spread throughout the honey. The solution changes to a stable saturated form, and ultimately the honey becomes thick or crystallized. Some honeys crystallize uniformly; some will be partially crystallized and form two layers, with the crystallized layer on the bottom of the jar and a liquid on top. Honeys also vary in the size of the crystals formed. Some form fine crystals and others large, gritty ones. The more rapid honey crystallizes, the finer the texture will be. And crystallized honey tends to set a lighter/paler color than when liquid. This is due to the fact that glucose sugar tends to separate out in dehydrating crystals form, and that glucose crystals are naturally pure white.

To clarify your honey just place the container into a pot of warm water, the honey will liquefy.

Bottom line? Crystallization of honey is a gift of nature.

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