



# The Buzz on Bees

brought to you by Kirsten & Michael Traynor of [www.mdbee.com](http://www.mdbee.com)

## Zany, Brainy Bee Quiz

1. How many types of bees are there in a typical hive?
2. "If the bee disappeared off the surface of the globe, then man would only have four years left to live" is attributed to what famous scientist?
3. How many miles must a colony of bees fly to make 1 pound of honey?
4. How many flowers must a bee visit to make 1 pound of honey?
5. How much honey would a bee need to fly around the world?
6. Which bee lives the longest in the hive?
7. What type of honey bee can't sting?
8. How fast does a honey bee fly?
9. Who called honey bees "white man's flies"?

**Answers:** 1. Three, the queen, worker & drone 2. Albert Einstein 3. Over 55,000 miles 4. Two million. 5. 2 tablespoons. 6. The queen. 7. A drone. 8. Approximately. 15 mph. 9. Native Americans.

## Banana Smoothie:

### Ingredients:

- 1-1/2 cups milk
- 2 medium ripe bananas
- 1 cup plain or vanilla yogurt
- 1/4 cup honey
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- Dash nutmeg
- 5 ice cubes

### Directions:

In a blender, combine all ingredients except ice cubes and blend until smooth. Add up to 5 ice cubes, one at a time, and blend until smooth.

## Facial Toner:

### Ingredients:

- 1 Tablespoon honey
- 1 apple, peeled and cored

### Directions:

In blender, puree honey with a peeled, cored apple. Smooth over face; leave on 15 minutes. Rinse with cool water.



For more fun recipes visit the National Honey Board at: [www.honey.com](http://www.honey.com)