

MegaBee Recipe

Find this at www.megabeediet.com/about.html (click on board) 7 lbs sugar

1.5 lbs HFCS (recently changed to heavy syrup) 1 lb water

1 lb MegaBee

This makes a 4% protein content candy. You can double the MegaBee to 2 lbs to make it 8%. Bring sugar, water, and HFCS to a slow boil while stirring until "hard ball" candy consistency is reached 255 to 265 degrees F. Take the candy off heat and stir in MegaBee with a whisk. Pour mixture into a mold and allow to cool. (I do not use the HFCS – instead I use honey. Also, I add 1/2 teaspoon vinegar with the sugar, water, and honey to promote inversion. I also add 1 tablespoon Honey-B-Healthy with the MegaBee after hard ball candy stage. This recipe works fine without MegaBee if you just want a plain candy board.)