



Manuka Honey Hot Toddy

EASY • 12 MINS

Warm, rich and spicy. Hot toddies are perfect for taking the edge off a sore or scratchy throat. Bioactive and rich Capilano Manuka Honey is not only a delicious addition to this comforting classic, but adds extra health benefits to this easy home remedy.

Benefit from the bioactive activity of our authentic Australian Manuka. With a deliciously sweet flavour and no overpowering medicine taste, it's a versatile superfood sweetener for all your go-to sips.



SKILL LEVEL
Easy

PREP TIME
3 mins

COOKING TIME
9 mins

SERVINGS
1

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Ingredients

- A squeeze of **Capilano Active Manuka Honey**
- 1 cup water
- 1 tea bag, (we suggest Chamomile)
- 1 shot of liquor, your preference of either whiskey, brandy, white or dark rum, scotch, or gin. Omit if preferred.
- 1 Tbsp fresh lemon juice
- 1 lemon slice
- 1 cinnamon stick
- 1 Tbsp raw apple cider vinegar

Method

1. Put the teabag and hot water into a mug. Steep the tea based on the recommended time on the package.
2. Add Capilano Manuka Honey, apple cider vinegar and the cinnamon stick, and stir. Remove the teabag, if desired.
3. Add the liquor and lemon juice, and stir to combine.
4. Finish with a fresh slice of lemon.
5. Tip: Make it non-alcoholic by doubling the honey and apple cider vinegar, dilute as needed for sensitive tastebuds.

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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