



# Manuka Honey Collagen Fudge

EASY • 10 MINS PLUS CHILL TIME

Smooth, chocolatey, and stacked with benefits. This quick and easy fudge recipe uses the natural power of Manuka, alongside powerhouse collagen powder to form a decadent fudge you don't need to feel guilty about.



SKILL LEVEL  
Easy

PREP TIME  
10 mins

CHILL TIME  
4 hours or overnight

SERVINGS  
8-12

## Ingredients

- ½ cup coconut oil

## Method

1. Line a small loaf tin with baking paper.
2. In a saucepan over low heat, combine all the ingredients, except honey.

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- ½ cup almond butter
- 2 tbs Capilano Manuka Honey MGO30+
- ½ cup raw cacao powder
- 3 tbs collagen powder
- Pinch of salt

## Used in this recipe



### ACTIVE MANUKA HONEY

#### Nature's Sweet Superfood

Made by some of the world's healthiest bees\* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. 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.

## Method

3. Mix well with a wooden spoon until the dry ingredients are fully dissolved and you are left with a thick smooth mixture.
4. Pour the mixture into the prepared loaf tin. Once slightly cooled, swirl through the honey until thoroughly mixed (to ensure the bioactivity of the honey is preserved). Let fudge set in the refrigerator for at least 2 hours or until firm.
5. Once firm, remove the fudge from the pan by lifting the parchment paper. Slice into eight small squares and enjoy!

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