



Honey Cheesecake Overnight Weet-Bix

EASY • 5 MINS PLUS CHILL TIME

Creamy cheesecakey overnight Weet-Bix. This recipe is satiating, fruity, sweet and – to top it off – helps you start your day with the nourishing benefits of Manuka honey. Save it for afternoon prepping, and give it to the little ones (or yourself) on rushed early mornings!



SKILL LEVEL
Easy

PREP TIME
5 mins

CHILL TIME
4 hours or overnight

SERVINGS
1-2

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 2 Weet-Bix
- ½ cup milk (or alternative milk of your choice)
- ½ medium-sized banana (sliced)
- ½ cup plain yoghurt (or coconut yoghurt)
- 1 tbsp Capilano Manuka Honey MGO 30+ (plus more to drizzle)
- Handful of fresh or frozen berries

Method

1. Crush Weet-bix with hands and spread evenly over a small glass dish or container.
2. Add milk and stir thoroughly with a spoon or fork, ensuring Weet-Bix are coated in the milk.
3. Place banana slices evenly on top of the Weet-Bix mixture. Drizzle generously with honey, and top with yoghurt.
4. Finish with a sprinkling of fresh or frozen berries. Refrigerate for 2 hours, or overnight. Serve cold with another drizzle of honey to serve.

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.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](https://www.instagram.com/honeylovers) & [@capilanothoney](https://www.instagram.com/capilanothoney) on Instagram or Facebook and you could be featured on our page!