



Rainbow Manuka Honey Yoghurt Drops

EASY • 1 HOUR 10 MINS

Could these be the sweetest way to eat the rainbow? Simply combine active Manuka honey, yoghurt and your favourite fruit purees to create an easy and fun school holiday treat!



SKILL LEVEL
Easy

PREP TIME
10 mins

FREEZING TIME
1 hour

SERVINGS
4

Ingredients

- ½ cup fruit puree (see colour options below)
- 2 cups plain Greek yogurt (thick-style)

Method

1. Line two baking sheets with baking paper and transfer to the freezer to chill.

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- 2 tbsp **Capilano Active Manuka Honey**

Drop colour options Red: pureed strawberries, strained **Orange:** pureed peach, strained

Yellow: pureed mango **Green:** pureed pear and spinach leaves **Blue:** pureed blueberries, strained

Purple: pureed blackberries, strained

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

2. Combine yoghurt and honey in a small bowl. Mix well to combine then divide evenly between 5-6 small bowls. Add approx. 1 tbsp of each chosen fruit puree to each bowl, to create different colours.

3. Transfer mixture to zip-lock bags for each colour. Chill for 30 minutes until thick or freeze briefly to thicken quickly.

4. Remove trays from freezer and snip off corner of zip-lock bags. Pipe bite-sized dollops of yogurt onto trays, approx. 1cm apart.

5. Repeat with remaining mixture, then carefully return trays to freezer to chill for an hour.

6. Once set, transfer frozen drops to airtight containers and store for up to a month. Keep frozen and portion out drops to eat immediately, as they will melt quickly.

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