



Wattleseed Honey Damper

EASY • 40 MINS

Quintessentially Aussie. Wattleseed damper is a versatile bread that can be topped to your hearts content. Enjoy it warm, spread with soft creamy butter and lashings of **Capilano Aussie Outback Honey** for a lightly sweet and salty breakfast, or afternoon tea. Just add a **Capilano-cino**.



SKILL LEVEL

Easy

PREP TIME

10 mins

COOKING TIME

30 mins

SERVINGS

4

Ingredients

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

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- 280g (2 cups) self-raising flour (+ extra to dust)
- 1 tbsp ground wattleseeds (+ extra to sprinkle) alternatively, use 2 tsp instant coffee powder
- ¼ tsp salt
- 30g cold butter, cubed
- 140ml (½ cup + 3 tsp) milk
- 3 tbsp (90g) **Capilano Outback Honey**

Used in this recipe



AUSSIE OUTBACK HONEY

Travel to Australia's outback, where ancient river systems, creeks and billabongs grow trees such as Mallee, Yapunyah, Bimble Box and Gum that our bees forage to create uniquely Australian honey.

Fruity, Caramel and Smooth

Squeeze the rich caramel taste of Outback Honey into your creamy porridge or bowl of muesli, enjoy its robust and fruity flavour in your cooking, or craft a distinct honey-flavoured treat in sweet recipes like a honey macadamia caramel slice or vanilla custard slice.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Method

1. Preheat oven to 170°C (fan-forced). Line a tray with baking paper.
2. In a mixing bowl, combine flour, wattleseeds and salt. Rub cold butter into flour mix until coarse (alternately, pulse in a food processor).
3. In a cup, dissolve honey in milk, then pour ¾ of it into flour mixture. Using a butter knife, mix until combined (if the mixture is too dry, add more of the milk – the dough needs to be soft, but not sticky).
4. Dust work surface with flour. Turn out dough and gently form a ball about 15cm in diameter. Place dough ball onto lined baking tray and flatten slightly.
5. Dust dough with flour and sprinkle over additional wattleseeds. Using a sharp knife, score a cross into the top.
6. Bake for 30 minutes, or until golden and sounding hollow when tapped.
7. Serve hot with lashings of butter and Capilano Outback Honey.

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