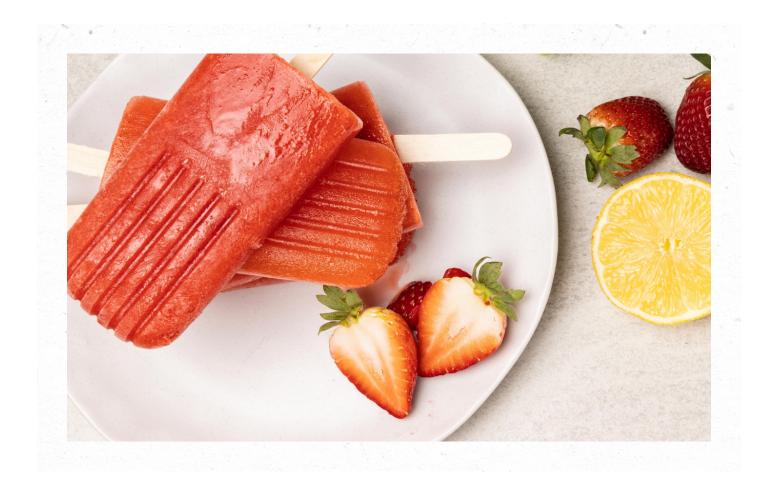


# Fresh Strawberry Honey Icy Poles

**EASY • 10 MINS PLUS CHILL TIME** 

There's nothing more refreshing than enjoying a fruity homemade icy pole in the Aussie sun. This recipe features fresh fruit, coconut water, a squeeze of lemon and our Capilano Manuka Honey for a refined-sugar-free treat that's sure to brighten your day.



**SKILL LEVEL**Easy

PREP TIME 10 mins FREEZING TIME 4 hours SERVINGS

### Ingredients

• 330g (2 cups) fresh strawberries hulled and

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#### washed

- 500ml (2 cups) coconut water
- 120g (1/3 cup) Capilano Manuka Honey MGO 30+
- Squeeze of lemon juice
- Optional: Additional fresh strawberry slices

## 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

- 1. Add strawberries, water, lemon juice and Manuka Honey to a blender pulse until smooth, pausing to scrape down sides as needed.
- 2. Divide the mixture evenly between the icy pole moulds and insert a paddle pop stick. Optional: Add additional fresh strawberry slices for decoration
- 3. Place in freezer for 4 hours or overnight until set hard.
- 4. To remove icy poles, run them under warm tap water until small bubbles start to form and they release easily from the moulds.

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