



# 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**  
6

## Ingredients

- 330g (2 cups) fresh strawberries hulled and washed

## Method

1. Add strawberries, water, lemon juice and Manuka Honey to a blender - pulse until smooth, pausing to scrape down sides as needed.

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

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- 500ml (2 cups) coconut water
- 120g (½ 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

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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