



Easy Real Fruit Honey Roll-Ups

EASY • 4 HOURS

Homemade treats are a fun and natural way to enjoy a healthier version of traditional sugar-filled snacks. All you need is three simple ingredients (no fancy equipment needed), including the nourishing addition of kid-approved bioactive Manuka Honey!



SKILL LEVEL
Easy

PREP TIME
10

DEHYDRATION TIME
4-6 hours

SERVINGS
4

Ingredients

- 2 cups fresh seasonal fruit (Apricot, Apple, Mango,

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Banana – creamy fruits work best for this recipe)

- 60g (2 tbsp) **Capilano Active Manuka Honey**
- Squeeze of lemon juice

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. Slice 2 cups of your fruit of choice into small chunks and pulse in a food processor until smooth.
2. Add Capilano Manuka Honey and fresh lemon juice - pulse again.
3. Pour fruit mixture onto pre-prepared baking pan or tray lined with baking paper and spread mixture evenly (around 0.5cm thick).
4. Dehydrate mixture in the oven at 60°C (fan-forced) or as low as the oven will go, for 4-6 hours, or until fruit mixture is no longer sticky.
5. Allow mixture to cool before peeling from the baking paper. Using clean scissors, trim edges and cut roll-ups into long strips.
6. Tip: the roll-ups texture will be even better the next day once the fruit has set.
7. To store: keep refrigerated for up to 7 days in an airtight container for best consistency and texture.

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