



# Manuka Honey Apple Nachos

EASY • 15 MINS

Layers of sweet honey and apple contrast creamy almond butter and crunchy bran sticks in this healthy take on dessert nachos. A delicious after-school snack – and a fun recipe the kids can get involved in. Get creative with your toppings and don't forget the best part – naturally bioactive Manuka Honey!



SKILL LEVEL  
Easy

PREP TIME  
15 mins

SERVINGS  
2-4

## Ingredients

- 2 apples

## Method

1. Wash, core and cut the apples into thin slices.

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

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- 60g (2 tbsp) [Capilano Manuka Honey MGO60+](#)

#### YOUR CHOICE OF TOPPINGS:

Cacao nibs, almond flakes, coconut flakes, raisins, chopped dates, granola clusters WE USED:

- 2 tbsp bran sticks
- ½ cup almond butter
- 1 lemon (juice)
- ¼ cup [Rainbow Manuka Honey Yoghurt Drops](#)

## Method

2. Dip one end of each apple slice in almond butter to coat. Place to form a spiral pattern on a flat plate.
3. Squeeze over lemon juice and sprinkle bran sticks and yoghurt drops.
4. Drizzle [Capilano Manuka Honey MGO60+](#) generously over the top, and serve immediately.

## Used in this recipe



### ACTIVE MANUKA HONEY

#### Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, [Capilano Active Manuka honey](#) is naturally rich in Methylglyoxal (MGO). 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.

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