



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

## Method

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

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

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#### 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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