



# Capilano Aussie Manuka Super Gummies

EASY • 15 MINS

From Pantry to Powerhouse, Manuka honey is the superfood you need in your kitchen and these Manuka super gummies make for a great sweet-treat alternative filled with nourishment.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**SERVINGS**  
4

## Ingredients

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

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- ¼ cup gelatin powder
- 200ml orange juice
- 150g frozen raspberries, thawed
- 2 tbsp Capilano Manuka MGO 200+ Honey
- ½ tsp vanilla

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.

## Method

1. In a small bowl, whisk the gelatin powder and ½ cup orange juice. Allow to sit for 10 minutes until slightly firm.
2. Blend together the raspberries and the remaining orange juice, then strain through a sieve into a bowl, discarding the raspberry seeds.
3. Pour the strained raspberry mixture into a small saucepan over medium heat and remove from the heat just before it simmers.
4. Add the Capilano Manuka MGO 200+ Honey, vanilla and firm gelatin mixture. Whisk well to combine, removing any lumps.
5. Place your molds onto a tray and evenly pour in the mixture. Then cover and place into the fridge. Leave to set for 2 hours.
6. Remove gummies from the molds and store in an airtight container in the fridge for up to three weeks.

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