



250g (9oz) Capilano
Honey

200g (7oz) Capilano
Honey 10

250g (9oz) Capilano
Honey 25

4-2
Cups

Ingredients

- 250g (9oz) Capilano Honey
- 200g (7oz) Capilano Honey 10 (or 250g (9oz) Capilano Honey 25)
- 2 cups Milk (any variety)
- 1 cup Capilano Honey 10 (or 25)
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Method

1. Preheat oven to 180°C (350°F).
2. In a large bowl, combine honey and milk. Stir well.
3. Add the remaining ingredients and stir well.
4. Bake for 4-2 hours.

Used in this recipe



Manuka Active Honey

Manuka Active Honey is a natural honey with a unique flavor and health benefits. It is made from the nectar of the Manuka bush, which is native to New Zealand. Manuka Active Honey is known for its high levels of methylglyoxal (MGO), which gives it its characteristic taste and health properties.

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Manuka Honey 10

Manuka Honey 10 is a natural honey with a unique flavor and health benefits. It is made from the nectar of the Manuka bush, which is native to New Zealand. Manuka Honey 10 is known for its high levels of methylglyoxal (MGO), which gives it its characteristic taste and health properties.

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilano on Instagram or Facebook and you could be featured on our page!



*Vella, G. 2016. 215 □□□□□. CSIRO.

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