



# كاندي بعسل مانوكا بأشكال مختلفة

• ١٥ دقيقة

١. سخني ٨٠ غراماً من العسل في قدر على نار متوسطة حتى يذوب تماماً. أضيفي ٤ ملاعق كبيرة من الماء واخلطي جيداً حتى يمتزجوا تماماً. أضيفي ٢ ملاعق كبيرة من مسحوق الجيلاتين واخلطي جيداً حتى يذوب تماماً. أضيفي ١٥ غراماً من صمغ الكاوي واخلطي جيداً حتى يذوب تماماً. أضيفي ١٥ غراماً من مسحوق السكر واخلطي جيداً حتى يذوب تماماً. أضيفي ١٥ غراماً من مسحوق السكر واخلطي جيداً حتى يذوب تماماً. أضيفي ١٥ غراماً من مسحوق السكر واخلطي جيداً حتى يذوب تماماً.



٨٠ غراماً من العسل  
٤ ملاعق كبيرة

٤ ملاعق كبيرة من الماء  
١٥ دقيقة

٢ ملاعق كبيرة من مسحوق الجيلاتين  
١٥ غراماً من صمغ الكاوي

١٥ غراماً من مسحوق السكر  
٤

## Ingredients

- 80 غراماً من العسل (٤ ملاعق كبيرة)
- 2 ملاعق كبيرة من مسحوق الجيلاتين

## Method

1. سخني العسل في قدر على نار متوسطة حتى يذوب تماماً.
2. أضيفي الماء واخلطي جيداً حتى يمتزجوا تماماً. أضيفي مسحوق الجيلاتين واخلطي جيداً حتى يذوب تماماً. أضيفي صمغ الكاوي واخلطي جيداً حتى يذوب تماماً. أضيفي مسحوق السكر واخلطي جيداً حتى يذوب تماماً.

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

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



- 2 tablespoons of honey for every cup of flour

Used in this recipe



**Manuka Honey**

Manuka honey is a natural sweetener that is rich in antioxidants and has antibacterial properties. It is made from the nectar of the Manuka bush (Leptosiphon) and is known for its unique flavor and health benefits. Manuka honey is a natural sweetener that is rich in antioxidants and has antibacterial properties. It is made from the nectar of the Manuka bush (Leptosiphon) and is known for its unique flavor and health benefits.

**Manuka Honey**

Manuka honey is a natural sweetener that is rich in antioxidants and has antibacterial properties. It is made from the nectar of the Manuka bush (Leptosiphon) and is known for its unique flavor and health benefits. Manuka honey is a natural sweetener that is rich in antioxidants and has antibacterial properties. It is made from the nectar of the Manuka bush (Leptosiphon) and is known for its unique flavor and health benefits.

**Manuka Honey**

Manuka honey is a natural sweetener that is rich in antioxidants and has antibacterial properties. It is made from the nectar of the Manuka bush (Leptosiphon) and is known for its unique flavor and health benefits. Manuka honey is a natural sweetener that is rich in antioxidants and has antibacterial properties. It is made from the nectar of the Manuka bush (Leptosiphon) and is known for its unique flavor and health benefits.

\*Vella, G. 2016. 215. CSIRO.

**Method**

3. "Preheat" the oven to 180°C. Grease the baking tray with butter and line with parchment paper. Place the honey in a bowl and whisk until it is smooth and shiny.

4. Add the eggs to the honey mixture and whisk until they are fully incorporated. Then add the flour and whisk until the mixture is thick and smooth. Pour the mixture into the prepared baking tray and bake for 10-15 minutes.

5. Allow the honey to cool for 2-3 minutes before serving. It can be served warm or at room temperature. Enjoy the natural sweetness of honey in your recipes.

Visit [capilano.com.au](http://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!