□□□□□□□□□ □□ □□□□□ □□□□□ □□□

□□□□□ **20** • □□□□

□□□ □□□□ □□ □□□□□□□□□ □□ □□□□□□□□□□□ □□□□□ □□□□□ □□□ □□□□ □□□□□□ □□□□□□ □□□□□ □□□□□ □□□□□ □□□□□□ □□□□□□ □□ □□□□□ □□□□□□ □□□□□□ .□□□□□□□□□□□ □□ □□□□□ □□□ □□□□□ – □□□□□□□□□ □□□□□□□ □□□□□ □□□□ □□□□.

□□□□□□□ □□□□□	□□□□□□□ □□□	□□□□□
□□□□	□□□□□ 10	15-12

Ingredients

- 1 □□□□□ □□□□ □□□□□□□□□ □□□□□ □□□□□

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

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

- 1 ¼ □□□□ □□□ □□□
- 180 □□□□□□ □□□□□□□□ □□□ (□□□ □□□) □□
- 1 □□□□□□ □□□□□□□□□ □□□□□□ □□□□□ □□□□□
- □□□□ □□□□ □□□ □□□

□□□□□ □□□□□□ □□□□□□□ □□□□□ □□□ □□□□□□ :□□□□□□ □□□□□ □□□□□□ □□□□ □□□□ □□□□□ □□□□□ □□ □□□□□ □□□□□□□ □□□□ □□□□ □□□□□□□□ □□□ □□□□□□.

Used in this recipe

□□□□ □□□

□□□□□ □□□□ □□□□□□□ □□□□□□□ □□□□□□ □□□ □□□□ □□□ □□ □□□□□□□□ □□ Capilano Pure. □□ □□□□□□ □□□□□□ □□□□□□ □□□□ □□ □□□ □□□□□□□□□ □□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□ □□□ □□ □□□□□□ □□□□□□□ □□□□□□□ □□□ □□ □□□□□.

□□□□□□ □□□ □□ □□□ □□□□□
□□□□□ □□□□ □□□□□ □□□ □□□□□ □□□□□ □□□□□ □□□□□□ □□ □□□ □□□□ □□□ □□□□□ □□□□ □□□ □□□□□□ □□ □□□□□□ □□□□ .□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□ □□□□ □□□□□ □□□□□□□ CAPILANO □□ □□□ □□□□□□.

Method

1. □□□□□ □□□□ □□□□□□ □□□□□ □□□□□ .□□□□□ □□□ □□□□□□□□ □□□□ □□□□□ □□ □□□□□□ □□□□□.

2. □□□ □□□ □□□□□ □□ □□□□□□□ □□□□□ .□□□□□□ □□□□□□ □□□□□ □□□□ □□□□ □□□ □□ □□□□□□□ □□□□□ 3 □□□□ □□□□□□ □□□□ 150 □□□ □□□□□□ □□□ □□□ □□□□□□.

3. □□□ .□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□ □□□□ □□□□□□ □□□□□ □□ □□□□□ □□□□□ □□□ □□□□□□□ □□ □□□□□ □□□ □□□□□ □□□ □□ □□□□□□□ □□□□□□ □□□□□.

4. □□□□ □□□□□□□ □□□□□ □□□□ □□□□□ □□□ □□□□□ □□□□□□ □□□□□□ □□□□□.

5. □□□ □□□ □□□□□ □□ □□□□□ □□□ □□□□□ 10-5 □□□□ □□□□□□ □□□□□□.

6. □□ □□□□ □□ □□□□□□ □□□□□ □□□□ □□□ □□□□□ □□□□ □□□□ □□ □□□□□ □□□□□ □□□□□ □□□□□□□ □□□□□□□□□□!

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

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