



القرنبيط المحمر بالتوابل مع سلطة الأعشاب بالعسل الكريمي

45 • دقائق

القرنبيط المحمر بالتوابل مع سلطة الأعشاب بالعسل الكريمي. هذا الطبق هو خيار رائع للوجبات الخفيفة أو كوجبة رئيسية. يمكنك استخدامه في أي وقت من السنة. هذا الطبق هو خيار رائع للوجبات الخفيفة أو كوجبة رئيسية. يمكنك استخدامه في أي وقت من السنة.

هذا الطبق هو خيار رائع للوجبات الخفيفة أو كوجبة رئيسية!



الوقت
45 دقائق

الوقت
20 دقائق

الوقت
25-30 دقائق

الوقت
4-6

Visit 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!



Ingredients

Ingredients list

- 1 cup (250 ml) (900) Capilano Pure Honey
- 400 g (14 oz) Capilano Pure Honey
- 2 cups (500 ml) Capilano Pure Honey
- 2 cups (500 ml) Capilano Pure Honey
- 2 cups (500 ml) Capilano Pure Honey
- 1 1/2 cups (375 ml) Capilano Pure Honey
- 2 cups (500 ml) Capilano Pure Honey
- 2 cups (500 ml) Capilano Pure Honey
- 1 cup (250 ml) Capilano Pure Honey

Ingredients list

- 1/2 cup (125 ml) Capilano Pure Honey
- 1 cup (250 ml) Capilano Pure Honey
- 1 cup (250 ml) Capilano Pure Honey
- 2 cups (500 ml) Capilano Pure Honey
- 3 cups (750 ml) Capilano Pure Honey
- 1 cup (250 ml) Capilano Pure Honey
- 1 cup (250 ml) Capilano Pure Honey

Method

1. Preheat oven to 200°C (375°F).
2. In a large bowl, combine all ingredients.
3. Mix well. Spread mixture on a parchment-lined baking sheet. Bake for 30-25 minutes.
4. Remove from oven. Let cool for 4-3 minutes.
5. Once cooled, break into pieces. Store in an airtight container.
6. Enjoy your honey treats!

Used in this recipe



Capilano Pure

Capilano Pure Honey is a natural, unprocessed honey. It is made from the honey of bees that have collected nectar from flowers. Capilano Pure Honey is a natural, unprocessed honey. It is made from the honey of bees that have collected nectar from flowers.

Capilano Pure Honey

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!



Capilano honey is a natural sweetener that can be used in a variety of recipes. It is a healthy alternative to sugar and can help to reduce your sugar intake. Capilano honey is made from pure honey and is a delicious addition to your diet. Visit capilano.com.au for more information.

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!