



# مهلبية بعسل مانوكا والمزهر

20 دقيقة • 20 دقيقة

المهلبية هي حلوى لذيذة مصنوعة من الحليب والسكر. يمكنك صنعها بالعسل أو السكر. هذا الطبق هو وصفة سهلة وسريعة يمكن صنعها في المنزل. يمكنك صنعها بالعسل أو السكر. هذا الطبق هو وصفة سهلة وسريعة يمكن صنعها في المنزل.



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## Ingredients

المكونات

- 3 ملاعق كبيرة سكر
- 3/4 كوب ماء (أو عسل مانوكا)

## Method

1. اخلط السكر والماء في إناء. اترك الخليط على النار حتى يغلي. اترك الخليط يبرد. اترك الخليط يبرد. اترك الخليط يبرد.

Visit [capilanothoney.com.au](https://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!



- ¼ cup of honey
- ½ cup of water
- ¼ cup of lemon juice
- 2 cups of yogurt

Ingredients

- ½ cup of honey
- ¼ cup of water
- ¼ cup of lemon juice
- 2 cups of yogurt
- 1 cup of honey

Instructions

- 10 cups of water
- 100 cups of water
- 1 cup of water

Used in this recipe



Capilano Manuka Honey

Capilano Manuka Honey is a natural product that is rich in antioxidants and has many health benefits. It is a natural product that is rich in antioxidants and has many health benefits. It is a natural product that is rich in antioxidants and has many health benefits.

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

## Method

2. .
3. .
4. .
5. .
6. .
7. .

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