



# Red Velvet Honey Trifle

Prep time 20 min • Serves 12

Capilano honey is a natural sweetener that adds a delicious honey flavor to your recipes. It's also a healthier alternative to refined sugar, as it contains antioxidants and has a lower glycemic index. Swap honey for sugar in your recipes to enjoy the benefits of this natural sweetener.



Ingredients  
12 servings

Prep time  
30 min

Cooking time  
90 min

Serves  
12

## Ingredients

225g Capilano honey

- 225g honey

## Method

1. Preheat oven to 160°C. Bake red velvet cake cubes in a 9x13 inch pan for 20 minutes (or until a toothpick inserted into the center comes out clean). Let cool completely.

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





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\*Vella, G. 2016. 215 000000. CSIRO.

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