



Capilano Honey Joys

EASY • 35 MINS

Summer sprinkler, Capilano Honey Joys and....no, that's everything.

Our refined-sugar free take on this iconic Aussie treat is perfect for re-living treasured memories and creating new ones.

A simple melt-and-mix recipe for baking with the kids.



SKILL LEVEL

Easy

PREP TIME

15 mins

COOKING TIME

10 mins

SERVINGS

12

Ingredients

- 432g (6 tbsp / 1 cup + 1 tbsp) [Capilano Honey](#)

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!



- 100 grams unsalted butter, chopped
- 5 cups cornflakes
- 12 paper cup cake cases

Used in this recipe

Method

1. Preheat oven to 160°C (fan-forced). Place cupcake cases in cupcake tray. Place cornflakes in a large heat-proof bowl.
2. Combine honey and butter in a large saucepan and heat over on medium heat until just melted. Alternatively place in microwave-safe bowl and heat in 30 second increments, mixing in between until melted.
3. Transfer honey mixture to cornflakes bowl. Mix well with wooden spoon until evenly combined.
4. Transfer mixture to cupcake cases and bake for 10 minutes. Allow to cool on wire baking rack then transfer to airtight container and chill for 30 minutes to set.
5. Store in an airtight container in the fridge for up to 5 days.

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!