



Manuka Honey and Orange Cake

EASY • 1 HOUR 20 MINS

Sweet, bouncy, and with a hint of spice! This comforting cake recipe uses cinnamon, cardamom, orange marmalade and Active Manuka Honey to form a not-too-sweet cake that you'll want to eat for breakfast, morning tea (and maybe even dinner too!). Great for family gatherings, birthdays, or taking on the go as an afternoon pick-me-up.



SKILL LEVEL
Easy

PREP TIME
20 mins

COOKING TIME
60 mins

SERVINGS
12

Ingredients

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

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Cake

- 2 cups plain flour
- 1 cup almond meal
- 2 tsp baking powder
- 1 tsp bicarb soda
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 cup olive oil
- 3/4 cup **Capilano Manuka Honey**
- 1 cup orange marmalade
- 4 eggs
- Icing sugar to dust
- 1/2 cup toasted sliced almonds

Honey Butter Glaze

- 1/4 cup **Capilano Manuka Honey**
- 2 tbsp orange blossom water (or 1/2 tsp orange zest)
- 3 tbsp unsalted butter
- 1 1/2 tbsp caster sugar

Method

1. Preheat oven to 170°C. Grease and flour a metal bundt or cake tin (do not use baking spray as the cake will stick).
2. In a bowl whisk together flour, almond meal, baking powder, baking soda and spices.
3. In a separate bowl whisk together the eggs, Capilano Active Manuka Honey and orange marmalade until well combined and lightly aerated, then whisk in the olive oil.
4. Fold the dry mixture into the wet mixture until just combined, then transfer to the bundt tin. Bake for 1 hour or until a skewer inserted comes out dry.
5. To make the honey butter glaze, combine Capilano Active Manuka Honey, orange blossom water, butter and sugar in a saucepan over medium high heat until boiling. Reduce heat to simmer and cook, stirring constantly, until mixture has thickened (about 2 mins).
6. Serve cake with the honey butter glaze and toasted almonds.

Used in this recipe



AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of *Leptospermum* (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

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Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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