



Fermented Honey (3 Flavours!)

EASY • 15 MINS

The culinary addition you'll be putting on EVERYTHING: Fermented honey garlic. A balanced mix of sweet and savoury, you can add it to everything from pizza, to salad dressings, or even just eat it by the spoonful (it's that good, promise). Try the Lemon Honey on yoghurt, fruit and granola for a nourishing topping.



SKILL LEVEL
Easy

PREP TIME
15 mins (plus time to ferment)

Ingredients

- 600g Capilano Manuka Honey

Method

1. Place the garlic, lemon and ginger into separate sterilised jars.
2. Fill up to the top with Capilano Active Manuka Honey

Visit [capilano.com.au](https://www.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!



- 1 bulb of garlic, peeled
- 1 lemon, thinly sliced
- 1 knob of ginger, peeled and thinly sliced

Method

3. Allow to ferment for a few weeks, then store for up to a few months.

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.

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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