



Manuka Cookie Butter Caramels

EASY • 1-2 HOURS

While it's only natural to add a spoonful of bioactive Manuka honey into your tea, it's also a wonderful superfood addition to your no-bake sweets. This creation by our friend [@noashealthyeats](#) always goes down a treat (trust us on this one).



SKILL LEVEL
Easy

PREP TIME
1-2 hours

COOKING TIME
2 minutes

SERVINGS
12

Ingredients

- 100g Biscoff spread

Method

1. Line 12-cup cupcake baking tray with cases, set aside.

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

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- 100ml coconut cream
- 2 tbsp **Capilano Manuka Honey**
- 200g white or milk cooking chocolate

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.

Method

2. Combine Biscoff spread, coconut cream and Capilano Active Manuka Honey in a bowl and mix well until smooth. Place bowl in freezer for 30-60 minutes until firm.

3. In a microwave safe bowl, melt white chocolate on medium power for 1-2 minutes, stirring every 30 seconds until smooth. Be careful to not overheat as chocolate will seize.

4. Place 1-2 tbsp of melted chocolate into the bases of the cupcake cases and tilt the tin slightly to allow it to come up the sides. Add a teaspoon of the filling, and then cover with remaining chocolate.

5. Freeze for an additional 60 minutes until firm. Caramels will keep for up to 5 days chilled in an airtight container or a month in the freezer.

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