



# Manuka Honey Gummy Shapes

EASY • OVERNIGHT

Naturally better for you than traditional lollies, these gummies are zesty, fruit and naturally sweet. They're fun to make at home with the kids and a natural remedy for the family during the winter cold and flu season.



**SKILL LEVEL**  
Easy

**PREP TIME**  
15 mins

**COOKING TIME**  
Freezing

**SERVINGS**  
4

## Ingredients

- 80ml (4 tbsp) fresh juice or poppers – e.g. orange,

## Method

1. Place silicone gummy moulds on a baking tray (for ease of transport).

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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raspberry, blackcurrant juice

- 2 tbsp [Capilano Active Manuka Honey](#)
- 24g (2 tbsp) gelatine powder

## Used in this recipe



### FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

2. In a small saucepan or microwave-safe bowl, combine juice and Manuka honey. Mix well.
3. Sprinkle over gelatine powder and mix to combine. Set aside to 'bloom' for 5 minutes.
4. Over low heat, gently warm mixture until gelatine dissolves, being careful not to boil. Alternatively, microwave for 60 seconds, mix well to combine. Remove from heat and pour into a heat proof jug with a pouring spout. If the mixture has any bubbles or foam, allow it to sit for a couple of minutes and then skim it off the top and discard.
5. Carefully pour mixture into prepared moulds. Chill for 1-2 hours or until gummies are set and firm. Store in an airtight container in the fridge for up to a month.

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