



## *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

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

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- 600g [Capilano Manuka honey](#)
- 1 bulb of garlic, peeled
- 1 lemon, thinly sliced
- 1 knob of ginger, peeled and thinly sliced

## Method

1. Place the garlic, lemon and ginger into separate sterilised jars.
2. Fill up to the top with Capilano Active Manuka Honey
3. Allow to ferment for a few weeks, then store for up to a few months.

## 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](#).

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