



Manuka Honey Date Milk

EASY • 5 MINS

Sweet, nutty and fragrant, this nurturing milk drink made with Capilano Active Manuka Honey is ideal as an afternoon snack, pick me up or gentle drink for sensitive tummies.



SKILL LEVEL
Easy

PREP TIME
5 mins

SERVINGS
2

Ingredients

- 500ml milk
- 6-8 Medjool dates, pitted and roughly chopped
- 2 tbsp [Capilano Manuka honey](#)
- 1 tbsp tahini

Method

1. Gently warm milk in a saucepan or microwave until lukewarm.
2. Add the dates and set aside for 5 minutes until the dates have softened.
3. In a blender combine milk, dates, honey, tahini, vanilla and ice (if using) and blend until smooth.

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

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- 1 tsp pure vanilla extract
- 2-3 ice cubes (optional)

Method

4. Divide between two glasses and serve immediately with an extra drizzle of Capilano Active Manuka Honey.

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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