



# Manuka Honey and Orange Cake

EASY • 1 HOUR 20 MINS

Sweet, bouncy, and with a hint of spice! This comforting cake recipe uses cinnamon, cardamom, orange marmalade and Active Manuka Honey to form a not-too-sweet cake that you'll want to eat for breakfast, morning tea (and maybe even dinner too!). Great for family gatherings, birthdays, or taking on the go as an afternoon pick-me-up.



**SKILL LEVEL**  
Easy

**PREP TIME**  
20 mins

**COOKING TIME**  
60 mins

**SERVINGS**  
12

## Ingredients

Cake

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- 2 cups plain flour
- 1 cup almond meal
- 2 tsp baking powder
- 1 tsp bicarb soda
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 cup olive oil
- 3/4 cup **Capilano Active Manuka Honey**
- 1 cup orange marmalade
- 4 eggs
- Icing sugar to dust
- 1/2 cup toasted sliced almonds

#### Honey Butter Glaze

- 1/4 cup **Capilano Active Manuka Honey**
- 2 tbsp orange blossom water (or 1/2 tsp orange zest)
- 3 tbsp unsalted butter
- 1 1/2 tbsp caster sugar

## Method

1. Preheat oven to 170°C. Grease and flour a metal bundt or cake tin (do not use baking spray as the cake will stick).
2. In a bowl whisk together flour, almond meal, baking powder, baking soda and spices.
3. In a separate bowl whisk together the eggs, Capilano Active Manuka Honey and orange marmalade until well combined and lightly aerated, then whisk in the olive oil.
4. Fold the dry mixture into the wet mixture until just combined, then transfer to the bundt tin. Bake for 1 hour or until a skewer inserted comes out dry.
5. To make the honey butter glaze, combine Capilano Active Manuka Honey, orange blossom water, butter and sugar in a saucepan over medium high heat until boiling. Reduce heat to simmer and cook, stirring constantly, until mixture has thickened (about 2 mins).
6. Serve cake with the honey butter glaze and toasted almonds.

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

#### 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 premium, bioactive Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply

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enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

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