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

- 600g Capilano Active Manuka honey
- 1 bulb of garlic, peeled

Method

1. Place the garlic, lemon and ginger into separate sterilised jars.
2. Fill up to the top with Capilano Active Manuka Honey

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

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- 1 lemon, thinly sliced
- 1 knob of ginger, peeled and thinly sliced

Method

3. Allow to ferment for a few weeks, then store for up to a few months.

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 (MGO). The higher the MGO, 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 enjoy by the spoonful.

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

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