



Capilano Honey Joys

EASY • 35 MINS

Summer sprinkler, Capilano Honey Joys and....no, that's everything. Our refined-sugar free take on this iconic Aussie treat is perfect for re-living treasured memories and creating new ones.

A simple melt-and-mix recipe for baking with the kids.



SKILL LEVEL

Easy

PREP TIME

15 mins

COOKING TIME

10 mins

SERVINGS

12

Ingredients

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

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



- 432g (6 tbsp / 1 cup + 1 tbsp) **Capilano Organic Raw Honey**
- 100g unsalted butter, chopped
- 5 cups cornflakes
- 12 paper cup cake cases

Method

1. Preheat oven to 160°C (fan-forced). Place cupcake cases in cupcake tray. Place cornflakes in a large heat-proof bowl.
2. Combine honey and butter in a large saucepan and heat over on medium heat until just melted. Alternatively place in microwave-safe bowl and heat in 30 second increments, mixing in between until melted.
3. Transfer honey mixture to cornflakes bowl. Mix well with wooden spoon until evenly combined.
4. Transfer mixture to cupcake cases and bake for 10 minutes. Allow to cool on wire baking rack then transfer to airtight container and chill for 30 minutes to set.
5. Store in an airtight container in the fridge for up to 5 days.

Used in this recipe



ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

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

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