



## *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 savory, 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 yogurt, 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 Authentic 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 Authentic Manuka Honey
3. Allow to ferment for a few weeks, then store for up to a few months.

## Used in this recipe



### AUTHENTIC MANUKA HONEY

#### Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano 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, Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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

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