



# Manuka Honey Date Milk

EASY • 5 MINS

Sweet, nutty and fragrant, this nurturing milk drink made with Capilano Authentic 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 Authentic 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](https://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 Authentic Manuka Honey.

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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