

**HONEY FOR HEALTH**

Recipes, remedies and inspiration to  
enjoy bioactive Manuka honey every day.

# Sweet Superfood



**AUSTRALIA  
AT ITS PUREST**



# SWEET SUPERFOOD

Most of us have honey in our homes, but you may think it belongs in the pantry rather than in the medicine cabinet! While honey has been used for centuries as a beauty product and medicine, today people are still turning to active honey for its health benefits.

## ENZYMES

Honey can contain enzymes such as phosphatase, amylase, glucose oxidase, invertase, diastase and catalase [1]. These enzymes are involved in the ripening and preservation of the honey for the benefit of the bee larvae [2] and comes from the nectar itself or is added by the bees during the honey ripening phase. Invertase and glucose oxidase are also responsible for breaking down carbohydrates.

## TRACE ELEMENTS

Honey has been found to contain small amounts of 54 different minerals and elements from honeys examined all over the world [3]. These include potassium, sodium, iron, B vitamins and vitamin C.

## POLYPHENOLS

Phenolics such as coumaric acid, gallic acid and caffeic acid contribute to the antioxidant properties of honey [6]. The composition of polyphenols in honey varies widely by floral origin [4,5,6].

1. Ropa Science Research, Comparison of Mineral and Enzyme Levels in Raw and Processed Honey. National Honey Board and American Analytical Chemistry Laboratories: Wisconsin, USA. p. 1-7.

2. 'Airborne. Honey Enzymes'

3. Solayman, M., et al. Physicochemical Properties, Minerals, Trace Elements, and Heavy Metals in Honey of Different Origins: A Comprehensive Review. 2016.

4. Gheldof, N., Wang, X. H., and Engeseth, N. J. (2002). Identification and quantification of antioxidant components of honeys from various floral sources. *J. Agric. Food Chem.* 50, 5870–5877. doi: 10.1021/jf0256135

5. Petretto, G. L., Cossu, M., and Alamanni, M. C. (2015). Phenolic content, antioxidant, and physico-chemical properties of Sardinian monofloral honeys. *Int. J. Food Sci. Technol.* 50, 482–491. doi: 10.1111/ijfs.12652

6. Cianciosi, D., et al. (2018) Phenolic Compounds in Honey and their Associated Health Benefits: A Review. *Molecules.* 23,2322:doi:10.3390/molecules23092322



## NATURAL WONDER

Honey has been a natural remedy for centuries and is believed to aid digestion, soothe sore throats and put an energetic spring in your step. It contains minerals, trace elements, vitamins, polyphenols, proteins and enzymes.

## BIOACTIVE COMPONENTS

Honey sourced from Australian or New Zealand *Leptospermum* trees contains a unique compound called Methylglyoxal, which is the key component used to measure the antibacterial activity of Manuka honey. Honey also contains other bioactive ingredients such as hydrogen peroxide and non-peroxide activity, which is measured as Total Activity and appears on packaging as a TA+ number. In all forms of medicinal honey, the higher the number, the higher the level of activity of that honey.



# THE CAPILANO GUIDE TO MANUKA HONEY

Authentic Australian Manuka honey is one of nature's sweetest superfoods and to us here at Capilano, a national treasure. Read on to discover what makes Aussie Manuka honey unique and a much revered (and researched!) ingredient to support everyday health.

## What is Manuka honey?

Manuka honey is produced by bees that have foraged on the flowers of Leptospermum trees, native to Australia and New Zealand. While New Zealand has just one variety of Leptospermum, Leptospermum scoparium, Australia is home to over 80 species of

Leptospermum, which contributes to the smooth, pleasing flavour of Aussie Manuka. Manuka honey has been used by native Australian and Maori cultures for thousands of years, and today is a widely researched honey prized for its health supporting properties.

## How is Manuka honey different to other honeys?

Some types of Manuka honey are what we call 'active' and have higher antibacterial properties than regular table honey. This is thanks to a component in Manuka honey called methylglyoxal (MGO). MGO comes from an organic compound in the nectar of some Leptospermum trees called dihydroxyacetone (DHA). It is worth noting that not all Manuka honey is considered 'active', so it's important to check the label when purchasing Manuka honey.

## How is the strength of Manuka honey measured?

The strength of Manuka honey is measured by its antibacterial activity. There are a number of measures used to show the antibacterial strength of Manuka honey with the most common measures including:

- Methylglyoxal (MGO)
- Non-peroxide activity (NPA)
- Unique Manuka factor (UMF)

The higher the number for each measure, the higher the antibacterial action.





## What's the difference between Australian and New Zealand Manuka?

Australian manuka honey tastes smoother. Both Australia and New Zealand Manuka honey is produced from bees that have foraged Leptospermum trees. As Leptospermum trees produce various amounts of DHA there are various anti-bacterial strengths of Manuka honey. It doesn't matter if the Leptospermum tree is located in Australia or New Zealand but rather how much DHA and MGO is found. Australian-sourced Manuka has a sweeter, smoother taste when compared to the typically medicinal-tasting New Zealand variety.

## What are the researched health properties of Manuka honey?

In a quest to uncover the medicinal properties of food, researchers all over the world are studying the health properties of active Manuka honey. Here are some of the leading research findings to date:

### AUSSIE MANUKA MORE POTENT

Recent research has shown Australian active Manuka honey to be even more potent than "hospital grade" Manuka honey from New Zealand. You can read more here:

Cokcetin, N.N., Pappalardo, M., Campbell, L.T., Brooks, P., Carter, D.A., Blair, S.E. & Harry, E.J. (2016). The Antibacterial Activity of Australian Leptospermum Honey Correlates with Methylglyoxal Levels. PLoS One, vol. 11, no. 12, p. e0167780

### WOUND HEALING & SKINCARE

Molan, P.C. (2011). The evidence and the rationale for the use of honey as wound dressing. Wound Practice and Research, 19(4), 204-220.

### ANTIBACTERIAL & ANTI-INFLAMMATORY

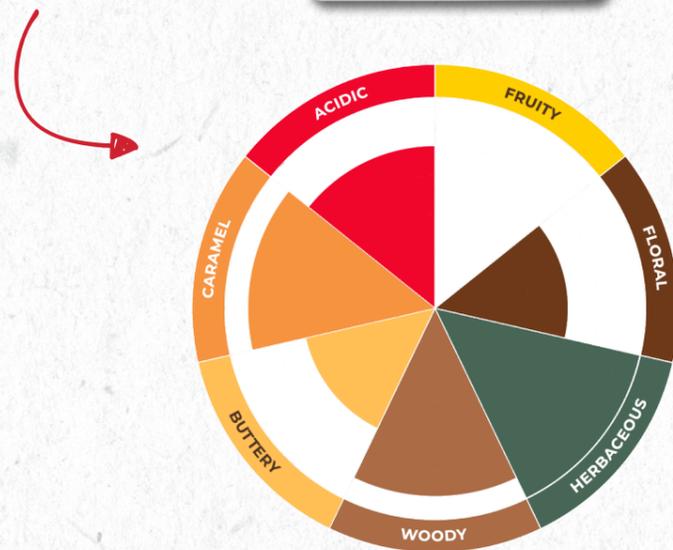
Johnston, M., et al (2018). Antibacterial activity of Manuka honey and its components: An overview. AIMS Microbiology, 4(4):655-654

Bean, A. (2012). Investigating the Anti-inflammatory Activity of Honey (Thesis, Doctor of Philosophy (PhD)). University of Waikato, Hamilton, New Zealand. Retrieved from <https://hdl.handle.net/10289/6218>

# WHAT DOES AUSSIE MANUKA TASTE LIKE?

Manuka honey has a bold, rich and complex flavour with notes of barley, herbs and a pleasant lingering aftertaste. Capilano Active Manuka Honey has a deliciously sweet, smooth flavour with no

overpowering 'medicine' flavour, common in some Manuka honeys. This means our active Manuka honey is incredibly versatile an easy to enjoy by the spoon, or in drinks and recipes.



SMOOTH AND SWEET, JUST SQUEEZE THE BIOACTIVE GOODNESS INTO YOUR DAILY CUP OF TEA FOR SUPPORTING YOUR EVERYDAY HEALTH RITUALS



# SUPERFOOD INSPIRATIONS

## BOOST YOUR DAILY HEALTH ROUTINE

### YOGHURT BLISS BOWLS

Create a breakfast brimming with goodness! Simply combine seasonal fresh fruit, nuts, granola and seeds to nourish and energise your body.

Straight from the Capilano kitchen and the recipe books of our beekeepers, discover a range of easy ways to supercharge your breakfast, drinks and snacks with bioactive manuka honey.

Honey is twice as sweet as sugar, so you need less - just another reason to make the sweet switch today!

BERRY AND WALNUT



PEACH AND SESAME



MANGO AND PEPITAS



CHOC CHIP AND BANANA



DRAGONFRUIT AND COCONUT



## YOUR DAILY SQUEEZE!

### MANUKA & GINGER JUICE

Fresh, zingy and bursting with flavour, this vibrant juice delivers immunity-boosting Vitamin C, carotenoid antioxidants and the bioactive properties of Capilano Manuka honey. A fresh and energizing superfood sip!

#### INGREDIENTS

- 1 tbsp Capilano Active Manuka Honey
- 4 oranges, peeled and halved
- 3 large carrots
- 5cm piece fresh ginger, peeled and roughly chopped
- Juice ½ lime

#### METHOD

1. Juice oranges, carrots and ginger in a juicer.
2. In a small bowl, combine manuka honey and lime juice, mix to dissolve.
3. Add back into juice and mix well. Divide juice between two glasses and serve immediately.

ENJOY THIS  
SUPERFOOD ORANGE AND CARROT  
JUICE IN THE MORNING TO  
KICKSTART YOUR DAY



## COMFORTING SIP

### MANUKA, TAHINI & DATE MILK

Sweet, nutty and fragrant, this nurturing milk drink made with Capilano Active Manuka Honey is ideal as an afternoon snack, pick me up or gentle drink for sensitive tummies.

#### INGREDIENTS

- 500ml milk
- 6-8 medjool dates, pitted and roughly chopped
- 2 tbsp Capilano Active Manuka honey
- 1 tbsp tahini
- 1 tsp pure vanilla extract
- 2-3 ice cubes (optional)

#### 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.
4. Divide between two glasses and serve immediately with an extra drizzle of Capilano Active Manuka Honey.

SOOTHING, NOURISHING AND  
NATURALLY SWEET. THIS MILK IS A  
FAVOURITE FOR KIDS AND ADULTS



## SUPER SMOOTHIE BOWLS

Fun to make and eat, our spoonable smoothie bowls look as pretty as they taste. An easy way to enjoy your daily serve of fruits, vegetables and vitamins!

### BASE RECIPE (SERVES 2)

- 2 bananas, frozen, chopped
- 4-6 ice cubes
- ½ cup milk or nut milk of choice
- ⅓ cup yoghurt
- 2 tsp almond or cashew butter
- 2 tbsp rolled oats
- 1 tsp vanilla extract
- 1 tbsp Capilano Active Manuka Honey, plus extra to serve

### METHOD

1. Combine all ingredients in a high powered blender.
2. Process until smooth and adjust thickness to desired consistency by adding more milk.

## STRAWBERRY SQUEEZE

Swap 1 banana for 1 cup frozen strawberries in base recipe. Top with strawberries, goji berries, toasted almonds and a Capilano Manuka drizzle!

## CHOC HAZELNUT DREAM

Add 2 tsp cacao or cocoa powder to base recipe. Top with hazelnut spread, toasted hazelnuts, coconut, choc chips and a Capilano Manuka drizzle!

## PINEAPPLE, AVOCADO, SPINACH

Swap 1 banana for 1 cup frozen pineapple. Add a handful of spinach and ½ an avocado to base recipe. Top with berries, granola clusters and a Capilano Manuka drizzle!

## MANUKA OVERNIGHT OATS

Overnight oats are meal-prep wonder. Simply mix everything in a bowl, chill overnight and wake up to a melding of creamy, dreamy sweet nourishing flavours.

### BASE RECIPE (SERVES 2)

- 2 tbsp almond butter
- 1 tbsp Capilano Active Manuka honey, plus extra to serve
- ½ cup Greek-style yoghurt
- 1 ½ cups milk or nut milk, plus extra to serve
- 1 cup cooked white quinoa
- 1 cup rolled oats

### METHOD

1. Combine all ingredients in a large bowl, mix well.
2. Cover and chill overnight, then add additional milk to soften.
3. Divide into bowls and top with fruit, nuts, seeds and Active Manuka Honey to serve. Mixture will keep chilled for up to one week.

## TUMERIC AND COCONUT

Add 1 tsp turmeric and swap milk to coconut milk in base recipe. Top with mango, passionfruit and coconut flakes to serve.

## PISTACHIO POMEGRANATE

Top with unhulled tahini, pistachios and pomegranate arils.

## BERRY YOGHURT

Top with extra yoghurt, strawberries, chia seeds & pepitas.

## ALMOND CHOC CHIP

Top with almond butter, chopped almonds and dark choc chips.

# HEY BEAUTY!

## DIY SKINCARE WITH MANUKA HONEY

Harness the soothing, calming and nurturing properties of honey and a few pantry staples to create the ultimate natural skincare routine or fun pampering night in with friends and family!

### MANUKA MATCHA FACE MASK TREATMENT

Two superfoods combine to create this potent home beauty face mask for hydrated and radiant skin.

#### INGREDIENTS

- 2 tsp Capilano Active Manuka Honey
- 1 tbsp matcha green tea powder
- 3-6 drops of your preferred essential oil
- ½ tbsp boiled water

#### METHOD

1. Add all ingredients into a small bowl or jar and whisk to create a thick paste.
2. Apply liberally to damp skin and leave on for 15-20 minutes before rinsing off with warm water.
3. Enjoy a refreshed complexion and smooth calm skin.

ENJOY A PAMPERING NIGHT IN WITH THIS SOOTHING MANUKA HONEY MATCHA FACE MASK

## MANUKA HONEY BODY BALM

Hydrating, antioxidant packed and so easy to make, adding Active Manuka Honey to your skincare routine is a great way to DIY your skincare. This moisturising body balm is ideal for chapped elbows, tired feet, or just an overall moisturiser.

### INGREDIENTS

- 2 tbs of Capilano Active Manuka Honey
- ¼ cup coconut butter
- ¼ cup coconut oil
- ¼ cup shea butter
- 3-4 drops of your favourite essential oil

### METHOD

1. Heat shea butter, coconut oil and coconut butter in a small sauce pan until completely melted.
2. Remove mixture from the heat and allow to cool until the colour is opaque (around 30 minutes).
3. Break apart mixture and whip using a hand mixer on its lowest setting, while mixing, add Manuka honey and essential oil.
3. Store in a sanitized air-tight metal container.

**THIS FRAGRANT MANUKA BODY BALM MAKES FOR A THOUGHTFUL HOMEMADE GIFT**

## MANUKA HONEY SUGAR SCRUB

When it comes to skincare, Active Manuka Honey is a soothing and hydrating way to incorporate natural ingredients into your daily routine. Use this scrub to gently exfoliate and revive tired skin.

### INGREDIENTS

- 180g (½ cup) Capilano Active Manuka Honey
- 1 cup sugar
- 1 lemon (squeezed)

### METHOD

1. Add sugar and lemon juice to a mixing bowl and stir to combine.
2. Add honey and mix thoroughly.
3. Transfer to a sterilized jar and store in cool, dry conditions.

**THIS REFRESHING SCRUB IS A TREAT FOR THE SENSES AND YOUR SKIN!**

## MANUKA HONEY OAT BATH SOAK

Enjoy the healing properties of honey and oats in this soothing bath soak. The heavenly smell of chamomile will soothe your senses too!

### INGREDIENTS

180g (½ cup) Capilano Active Manuka Honey  
1 cup oats  
2 cups of oat milk or water  
¼ cup chamomile tea

### METHOD

1. Combine all ingredients to a glass container and stir.
2. Pour mixture into a running warm bath and enjoy!

CREATE A DAY SPA AT HOME  
WITH MANUKA – INFUSED  
HOME REMEDIES



## 100% AUSTRALIAN HONEY FROM HIVE TO HOME

### From the world's healthiest honey bees\*

Capilano honey is rich in flavour thanks to our bees - arguably the healthiest in the world. Australia is largely free from major pests and diseases seen in other bee populations around the globe, so our bees produce full flavoured honey with natural enzymes, trace minerals and vitamins.

*\*Source: CSIRO, Issue 215 Agriculture, Biosecurity, January 2016*

### Pristine floral diversity

Australia's sun-drenched, rugged country has floral diversity – unmatched anywhere else on earth - perfect for happy, healthy bees. To support the nutritional requirements of the colony, Capilano beekeepers move the hives to various naturally rich and diverse environments. This allows bees to forage on a range of flora, with much of our honey supply coming from the Eucalypt tree varieties.

# DISCOVER CAPILANO HONEY

## QUALITY GUARANTEE

**It's what we don't do that makes our honey, Australia's favourite honey.**

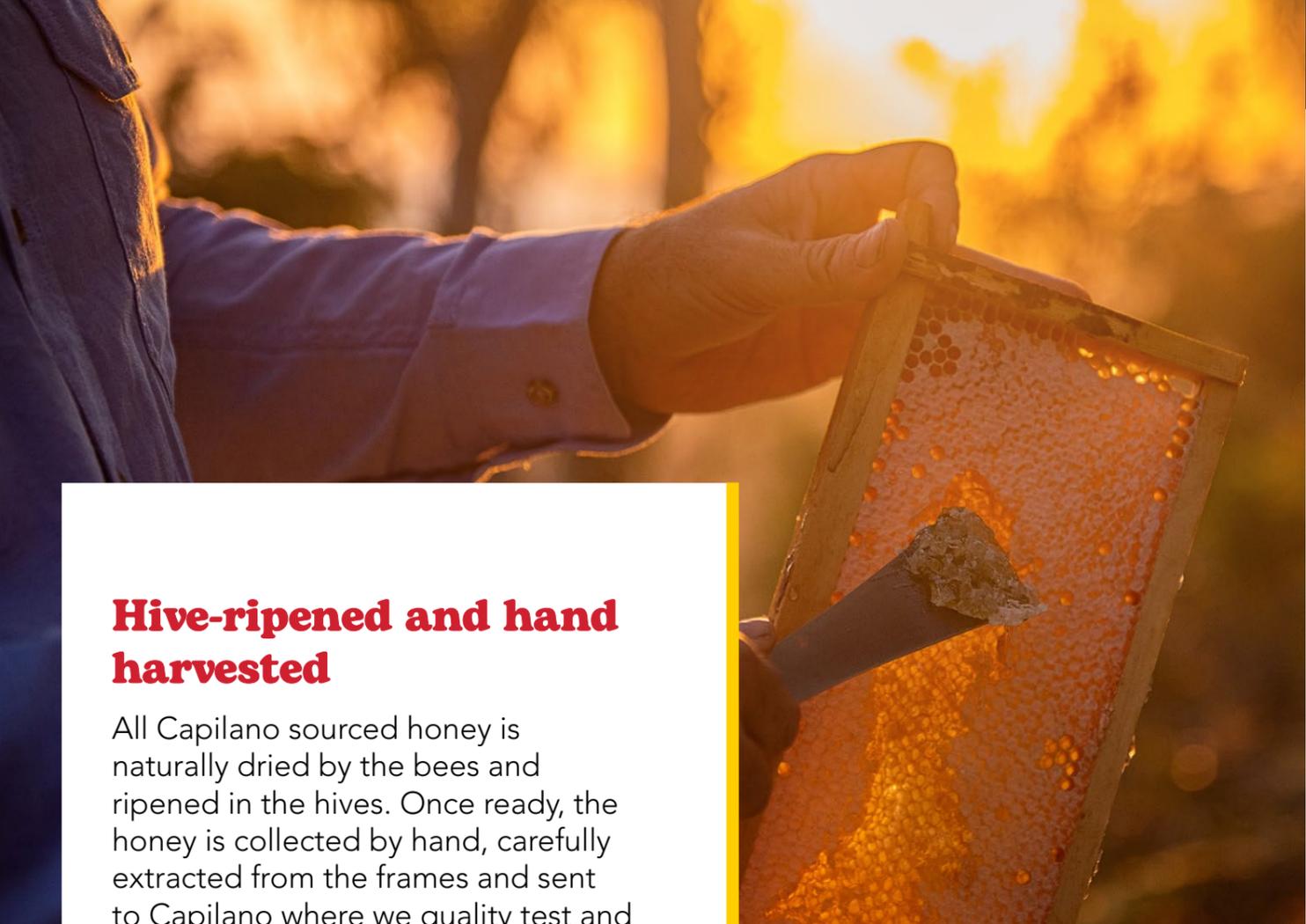
Our honey is unchanged, unspoilt, unadulterated - completely natural, beekeeper-sourced, pure Australian honey.

To bring you this world-class nutritious honey, our beekeepers spend long hours driving between apiary sites, checking hives and collecting honey-filled combs, to

give their bees the best in-season flowers to forage upon.

All Capilano beekeepers produce, extract and store their honey in compliance with our audited Quality Assurance program.

And our process isn't complete without regularly testing our honey for utmost purity. We're proud to bring families only the best, 100% pure Australian honey.



## Hive-ripened and hand harvested

All Capilano sourced honey is naturally dried by the bees and ripened in the hives. Once ready, the honey is collected by hand, carefully extracted from the frames and sent to Capilano where we quality test and pack the honey.

## BPA free packaging

Packaging for Capilano honey is BPA free and we're signatories to the Australian Packaging Covenant plan, which aims to reduce the impact of packaging on our environment.



## For our generation and the next

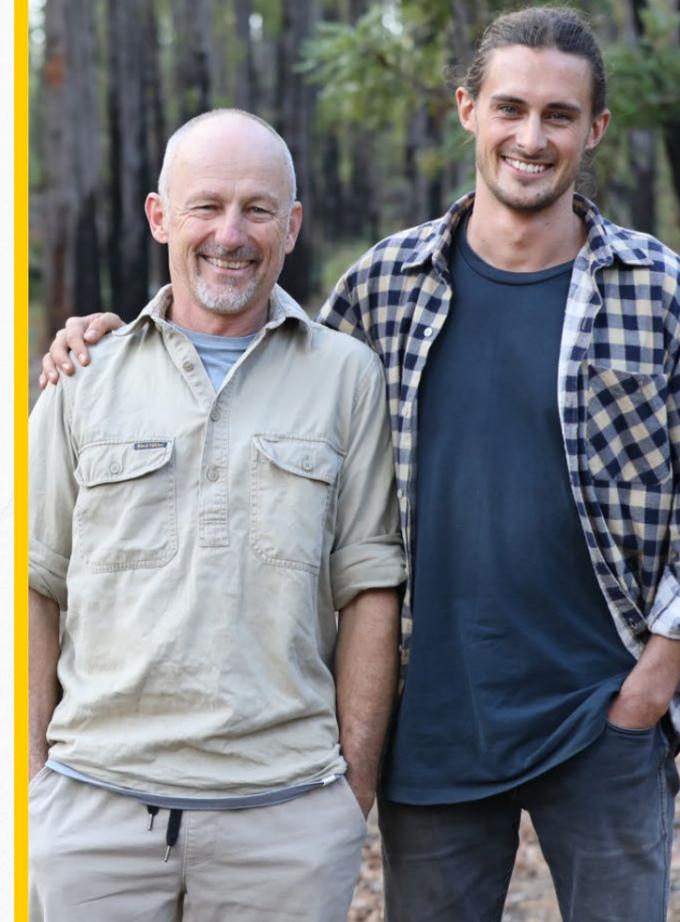
We're 100% committed to a sustainable apiculture industry and the next generation of beekeepers – Australia depends on it. Without Aussie beekeepers and their bees, our food supply and natural environment would be severely impacted. We're leading our industry towards sustainability by nurturing the next generation of beekeepers, investing in critical scientific research, and sharing our knowledge of evolving beekeeping and business practices.

## State-of-the-art testing

We test, test, test and test again. To create Australia's purest honey, we test for colour, moisture, flavor, pesticides, antibiotics, adulterants and other residues. Our honey is verified 100% pure by independent, world-leading laboratories.

It's also tested for microbial and chemical residues through our SciTest lab, a state-of-the-art laboratory commissioned by Capilano - the only one of its kind in Australasia.

Working with Government, regulatory bodies, and commercial laboratories, SciTest ensures accuracy and maintains best practice compliance for our analytical methods in testing honey.





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#HONEYLOVERS #OOZESAUSTRALIA**