

TREATS FOR EVERYONE

Wow-worthy cakes, free-from options,
after school snacks and more.

Honey Bakes



AUSTRALIA
AT ITS PUREST





BEESTING CUPCAKES
(PAGE 46)

**FILLED WITH GOOEY HONEY CUSTARD
AND HONEY ALMOND PRALINE.**

SIGNATURE SWEETS

Hello honey lovers, welcome to Honey Bakes - a curated selection of signature-worthy sweets and joyous honey-filled recipes to re-ignite the fun of baking (and eating!) in everyone.

Whether you're the bake-from-scratch type or juggling a house full of hungry kids, teens and partners, we've been in the Capilano test kitchen creating a collection of one bowl, refined sugar free, gluten free and downright delightful recipes for you add to your 'must bake' list!

So, let's turn on the oven, grab an apron and join us for the little moments only the alchemy of flour, butter, honey and a dash of love can bring

~ The Capilano Honey team.

#OozesAustralia #HoneyLovers

KEEP AN EYE OUT FOR THESE SYMBOLS



GLUTEN FREE



100% HONEY



DAIRY FREE



NUT FREE



EGG FREE



HIDDEN
VEGGIES



FLOURLESS WHOLE ORANGE
HONEY CAKE (PAGE 40)

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CREATE IT WITH *Capilano* HONEY

There are plenty of reasons to make Capilano honey your go-to sweetener. Not only is it 100% pure Aussie honey, it has a range of healthy features too. Read on to discover more!

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.

FLAVOUR FAVE

Honeys of different floral sources impart unique flavours as well as sweetness. Dark honeys have a bold, rich flavour perfect for savoury recipes, while light honeys add mild sweetness to baking and drinks.

PURE GOODNESS

Australian honey is completely pure, remaining in the same natural state as made by our hardworking honey bees.

WAYS TO SWITCH

Creating free-from treats is easier than you might first think! Here are our top tips:

MAKE IT GLUTEN FREE

All recipes in this book can be easily converted into gluten-free variations.

Cake recipes: Swap the flour for a gluten-free flour alternative.

Recipes with cereals: Swap in a gluten-free variant (like Gluten-Free Corn Flakes or Rice Bubbles!)

MAKE IT DAIRY FREE

It's easy to make recipes dairy free!

Cake recipes: Swap butter for dairy-free butter alternative (like Nuttelex)

Milk/ Cream: Swap for an oat, soy or coconut-based alternative.

BAKING WITH HONEY

In baking, honey contributes so much more than sweetness. It adds moisture, texture (chewiness) and lovely golden caramel notes. Read on for our top tips for baking with honey!

TOP TIPS FOR BAKING

#1 Check your recipe

Honey is best swapped in recipes containing brown sugar, golden syrup or maple syrup. Sometimes caster sugar can also be swapped.

#2 Reduce the liquid

Decrease the liquid component of your recipe by 25% for every cup (360g) of honey.

#3 Add bicarb soda

When baking with honey, you'll need bicarbonate of soda to balance honey's natural acidity. For recipes that don't already contain bicarb soda, add ½ tsp per cup of honey.

#4 Reduce oven temperature

Honey browns a little quicker than sugar, so reduce your oven temperature by 15°C when baking recipes with more than ½ cup of honey at temperatures over 180°C.

#5 Melt-and-mix wins

Look for melt-and-mix or oil-based recipes for best results. Honey substitution is trickier in recipes where butter and sugar are creamed. To make cleaning up easier, grease your measuring cup or spoon with baking spray, oil or butter before measuring honey.

✦ TIPS BY RECIPE TYPE

• **Cakes, biscuits, brownies** – Honey is great for swapping for sugar in bakes that are made with oil rather than butter (think carrot cake or banana bread), as well as moist, chewy brownies. For aerated baking, such as pavlova, sponge cakes, butter cakes, meringues or shortbread biscuits, stick to the original recipe as much as you can for best results.

• **Icings and sauces** – Whipped icings such as buttercream or cream cheese frosting can have some of the icing sugar swapped for honey – try Capilano Creamed Honey for best results or add 1-2 tbsp per 450g batch buttercream of liquid honey being careful not to overbeat. Ganache is also delicious with a little honey added – try adding 1-2 tbsp per 250ml batch.

• **Desserts** – Honey is ideal in cream-based desserts such as cheesecake, panna cotta, puddings or crème brûlée. Swapping sugar with honey is also super simple in jellies, crumbles, poached or roasted fruits and self-saucing puddings, and who doesn't love summer fruits & cream! Give it a try soon!

CONVERSION GUIDE

CREATE IT WITH
Capilano
HONEY

SUGAR TO HONEY

1 CUP (220g) → ½ CUP (180g)

¾ CUP (165g) → ⅓ CUP (120g)

⅓ CUP (73g) → 2 TBSP (60g)

¼ CUP (55g) → 1 ½ TBSP (45g)

1 TBSP (17g) → 2 TSP (14g)

Use this guide as a starting point when switching to honey in your favourite recipes. For further information, visit capilano.com/honeyconversionguide

PRINT OR SCREEN GRAB THIS PAGE FOR YOUR NEXT BAKE OFF!



LITTLE BAKERS

Look out for sticky fingers and sneaky licks of the spoon, these recipes are perfect for getting the kids involved. Plus they feature some tricks and hacks that make them even quicker to whip up!

CAPILANO HONEY JOYS



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.

serves 12 | prep 10 mins | cooking 15 mins

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

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. Store in an airtight container in the fridge for up to 5 days.

THE SWEET TASTE OF YESTERYEAR
IS STILL AN ICON TODAY.





PEANUT BUTTER AND HONEY SLICE



Who would have thought something so tasty could be made with ingredients you've probably already got in the pantry! Rice bubbles, oats, peanut butter and honey come together in this delicious, crunchy slice.

serves 20 | prep 15 mins | chilling 1 hour

SLICE BASE

- 90g (3 cups) Rice Bubbles
- 160g (1½ cups) rolled oats
- 250g (1 cup) crunchy peanut butter
- 240g (¾ cup) Pure Capilano Honey
- 1 tsp vanilla extract

TOPPING

- 200g dairy free dark chocolate
- ½ tbsp vegetable oil
- Crushed roasted peanuts (optional topping)

- 1 Line a 25cm x 20cm brownie/lamington baking tin with baking paper. Place Rice Bubbles and rolled oats in a bowl, mix together.
- 2 In a small saucepan warm peanut butter, honey, and vanilla over low heat. Stir until smooth and combined. (Alternatively place peanut butter, honey, and vanilla in a microwave-safe bowl. Warm in 30-second intervals, stirring each time, until smooth and combined.)
- 3 Add the peanut honey mixture into the rice bubble mixture. Mix ingredients until well combined.

- 4 Spoon mixture into the prepared baking tin and using the back of a spoon press it evenly into the tin, smoothing the surface.
- 5 Carefully melt chocolate in the microwave, combine with oil and pour over the slice. Ensure there is an even coating across the top. Optional: Sprinkle crushed roasted peanuts over the chocolate!
- 6 Place slice in the fridge and allow to chill for at least an hour before cutting into squares or bars. Store in the fridge in an airtight container.

A TASTY MELT-AND-MIX RECIPE
THE KIDS WILL LOVE MAKING!

NO BAKE COOKIE DOUGH BARS



Gluten free and no bake, this fun treat combines cashew butter, Capilano honey and delicious choc chips into one moreish cookie dough inspired treat, with strawberry 'icing'! Perfect for special days at home or sharing with a party!

serves 12 | prep 20 mins

BASE

- 270g (1 cup) cashew butter
- 90g (¼ cup) Capilano Pure Honey
- 120g (¾ cup) oat flour (or 1 cup almond flour)
- 1 tsp vanilla bean paste
- 150g (¾ cup) mini chocolate chips
- Pinch of salt

TOP LAYER

- 180g white chocolate, broken into pieces
- 1 tsp vanilla bean paste
- 135g (½ cup) cashew butter
- 1-2 drops gel red food colour
- 1 tsp strawberry flavoured extract (optional)
- Rainbow sprinkles

- 1 Line a 20x10cm loaf tin with baking paper. Set aside.
- 2 In a large bowl, combine cashew butter, honey, vanilla, oat flour, choc chips and salt. Mix until well combined and press into prepared tin using your hands and/or the back of a metal spoon to ensure the base is smooth and even. The dough will be firm to spread, this is okay.
- 3 For white chocolate layer, place white chocolate chips and cashew butter in a microwave safe bowl and heat on medium for 30 second intervals until fully melted. Alternatively, gently warm in a small saucepan on low heat until melted and well combined. Add food colour, strawberry extract and mix well to combine.

- 4 Spread pink layer on top of cookie dough layer and cover with sprinkles. Freeze for at least two hours, then cut into bars to serve using a sharp knife dipped in hot water and wiped between each cut.
- 5 Store in airtight container in the fridge or freezer for up to one week.

MIXING, SPREADING, SPRINKLING
AND EATING. THE PERFECT
KID-FRIENDLY STEPS!



RAINBOW HONEY SLICE

The kids will love getting involved creating this no-bake vibrant slice. A honey biscuit and rice bubble base is topped with white chocolate and sprinkles. It's hard not to smile making this one together!

serves 20 | prep 30 mins | chilling 70 mins

BASE
250g Marie biscuits, crushed
30g (1 cup) Rice Bubbles
95g (1 cup) desiccated coconut
150g butter
120g (½ cup) Capilano Pure Honey
250g white chocolate
¼ tsp salt
Food colouring, pink, green, and yellow
(or 3 other colours of choice)

SLICE TOPPING
300g white chocolate
1 tbsp vegetable oil
Candy coated chocolate buttons,
sprinkles, or both

- 1 Line a 25cm x 20cm brownie/lamington baking tin with baking paper.
- 2 Mix crushed Marie biscuits, Rice Bubbles, and desiccated coconut in a bowl.
- 3 Divide the mixture equally between three bowls (or containers) and set aside (approximately 1¼ cups per bowl).
- 4 Place butter, honey and white chocolate in a saucepan. Stir over a low heat until chocolate and butter have melted, and the mixture is thoroughly combined.
- 5 Divide the chocolate mixture equally between three bowls (approximately 1 cup of mixture per bowl).
- 6 Separately colour each bowl of chocolate mixture with food colouring until the desired shade is reached. Then mix each portion of the rice bubble mixture separately until combined. (The bowl of chocolate mixture may need to be reheated in the microwave for 30 seconds before adding the food colour for easy mixing).

- 7 Take spoonfuls from each of the coloured mixtures, and place them randomly into the prepared tin. Continue until all the mixture from each of the bowls has been added, using the back of a spoon to press it in evenly.
- 8 Place white chocolate for the slice topping and oil into a microwave-safe bowl. Melt, and mix well to combine.
- 9 Spread white chocolate mixture evenly over the top of the slice.
- 10 Place the slice in the fridge for 10 minutes to allow the chocolate topping to firm slightly before decorating (this prevents the buttons and sprinkles from sinking into (and under) the chocolate topping).
- 11 Once the slice topping has firmed, decorate with candy-coated chocolate buttons, sprinkles, or both.
- 12 Place the slice back in the fridge for an hour to chill.

PARTIES, BIRTHDAYS, FETES OR JUST BECAUSE.
EVERYONE LOVES RAINBOW
HUED TREATS!



ONE BOWL HONEY DOUGHNUTS

Perfect for parties with icing and sprinkles, or at home with warm butter and cinnamon sugar, these oven baked doughnuts are oh-so easy.

serves 12 | prep 10 mins | cooking 15 mins

- 180g (½ cup) Capilano Pure Honey
 - 125ml (½ cup) vegetable oil
 - 65ml (¼ cup) milk
 - 2 eggs
 - 300g (2 cups) plain flour
 - 2 tsp baking powder
 - ¼ tsp bicarb
 - ½ tsp cinnamon
 - ¼ tsp salt
- Top with cinnamon and sugar, or icing and sprinkles as preferred.

THESE DOUGHNUTS ARE
BAKED IN THE OVEN BUT
TASTE LIKE THE REAL THING!

- 1 Pre-heat oven 170°C. Grease and flour 2 doughnut pans/tins with flour, tapping out any excess.
- 2 Place honey, oil, milk, and eggs in a large bowl. Whisk until combined.
- 3 Sift flour, baking powder, and bicarb into the mixture. Add cinnamon and salt and mix ingredients until just combined.
- 4 Scoop the doughnut batter into a piping bag or zip lock bag. Cut the corner (making a 1 – 1 ½ cm hole) and pipe batter into doughnut pan.
- 5 Place doughnut pans into the oven and bake for 12-15 minutes or until cooked through and slightly golden.
- 6 When cooked, remove pan from oven and leave doughnuts to cool in the pan for 5 minutes before removing and placing on a cooling rack.

TRY IT TWO WAYS

HONEY ICING
130g (1 cup) icing sugar
90g (3 tbsp) Capilano Pure Honey
Yellow food colouring

- 1 Combine icing sugar, honey and yellow food colouring in a small, shallow bowl. Dip cooled doughnuts into icing, shake off excess and invert onto a wire rack. Finish with sprinkles while the icing is still wet.

CINNAMON SUGAR TOPPING
60g unsalted butter, melted
1 tbsp caster sugar
2 tsp cinnamon, ground

- 1 Melt butter and place in a shallow bowl. Combine sugar and cinnamon and place in a separate shallow bowl. Dip warm doughnuts in butter, then cinnamon sugar mixture, then invert onto a wire rack to cool.



MAKE IT CLASSIC



CAPILANO HONEY BANANA BREAD



Refined sugar, gluten and dairy free, Capilano honey banana bread is a better-for-you take on the classic. See below for yummy variations for new twists!

serves 8-10 | prep 15 mins | cooking 60 mins

250g (1⅓ cups) gluten free plain flour (or plain flour)
2 tsp bicarb soda
1 tsp cinnamon, ground
¼ tsp salt
125ml (½ cup) extra virgin olive oil
180g (½ cup) Capilano Pure Honey
2 tsp vanilla extract
2 tbsp coconut or natural yoghurt
2 large eggs
3 large ripe bananas (400g), mashed
½ cup walnuts or dairy free choc chips (optional)
1 ripe banana, sliced

**ALLERGY AND FREEZER FRIENDLY,
THIS IS YOUR NEW GO-TO
BANANA BREAD STAPLE!**

✶VARIATIONS

CHOC HAZELNUT SWIRL

Dollop your favourite choc hazelnut spread on the top of the batter, swirl to combine, then place bananas on top.

BERRY NICE

Boost the fruit content by folding ½ cup frozen blueberries or raspberries into the batter.

CHEESECAKE FILLED

Combine 125g cream cheese with 1 tbsp plain flour, 1 egg and 1 tbsp Capilano honey, mix until smooth. Fill loaf tin with ⅔ of the banana bread mixture, then top with cheesecake filling, then top with remaining ⅓ of the batter.

1 Preheat oven to 160°C (fan-forced). Grease and line base of a 13.5cm x 23.5cm loaf pan.

2 Place flour, bicarb soda, cinnamon and salt in a large bowl and mix to combine. Set aside.

3 In a large bowl, combine olive oil, honey, vanilla and yoghurt, whisking to combine well. Add eggs and banana, mix until well combined.

4 Sift flour, bicarb soda and cinnamon into wet mixture and fold gently until just combined. Add optional nuts or choc chips, fold gently.

5 Pour mixture into prepared loaf tin and place lengthways sliced banana on top. Bake for 40 minutes, then cover with foil and bake for an additional 20-25 minutes or until an inserted skewer comes out clean. Cool in pan briefly then turn onto rack to cool.

6 Store in an airtight container for up to 5 days, or allow to cool and slice and freeze in portions for up to 3 months.

BANOFEE TWIST

Swirl through dollops of your favourite caramel into the batter – either natural date caramel or salted caramel sauce.

SUPERFOOD BOOST

Garnish your banana bread with chia seeds, pepitas and sunflower seeds before adding banana slices on top.

TOASTY COCONUT

Create a toasty, coconutty twist by folding ¼ cup toasted coconut (shredded) into the batter, and sprinkle extra on top.



ONE BOWL WONDER BROWNIES

In need of a classic brownie, with hidden better-for-them ingredients? This is IT! Shredded sweet potato creates a chewy, moist brownie naturally sweetened with pure Capilano honey. Did we mention these can be easily made gluten and dairy free too?

serves 12 | prep 15 mins | cooking 25 mins

200g raw sweet potato, grated
125g butter, melted or ½ cup coconut oil, melted
180g (½ cup) Capilano Pure Honey
2 large eggs
2 tsp vanilla extract
60g cocoa powder, sifted
2 tsp baking powder
1 tsp bicarb soda
2 tbsp coconut flour
½ cup raspberries, fresh or frozen

1 Preheat oven to 180°C (fan-forced). Grease and line a 20x20cm brownie tin with baking paper.

2 In a large bowl, combine sweet potato, butter, honey, eggs and vanilla. Mix until combined.

3 Sift in cocoa powder, baking powder, bicarb soda and coconut flour. Mix well and transfer to prepared tin, top with raspberries.

4 Bake for 25 minutes or until an inserted skewer comes out just clean. Allow to cool completely before slicing. Store in an airtight container in the fridge for up to a week, delicious served warm with ice cream, yoghurt or coconut yoghurt!

PACKED WITH SWEET POTATOES!

CHOC CHUNK PEANUT BUTTER COOKIES

Made with honey instead of sugar, these one-bowl, flourless cookies are great to make with kids and fill up the cookie jar. You can add extra peanuts, dip them in chocolate or make them choc-free – there options are endless for this staple recipe.

serves 12 | prep 15 mins | cooking 12 mins

250g (1 cup) thick-style peanut butter
180g (½ cup) Capilano Pure Honey
1 egg
1 cup rolled oats
½ tsp bicarb soda
1 tsp vanilla bean paste
100g milk or dark cooking chocolate chunks

1 Preheat oven to 160°C (fan forced). Line two cookie trays with baking paper. Place oats in a food processor and pulse until a fine flour is formed.

2 In a large bowl, combine peanut butter, honey, eggs, vanilla and choc chunks. Mix well with a spoon, then add in oats and bicarb soda, mix well to combine. Chill mixture for 30 minutes to firm up.

3 Roll tablespoons of dough and place onto cookie sheet, 5cm apart. Use the back of a fork to make a cross hatch on top to flatten slightly. Transfer sheets to the fridge to chill for an additional 20-30 minutes.

4 Bake for 10-12 minutes until lightly golden. Cookies will be soft, allow to cool on trays to firm up slightly, then transfer to a cooling rack to cool completely.

5 Store in an airtight container in the fridge for up to 5 days.

LITTLE HANDS CAN HELP ROLL THE COOKIES INTO BALLS!



CHOC HONEY CRACKLE SLICE



Snap, crackle, choc! This time, hold the cooking chocolate and try this wholesome, no-nasties version of a much-loved classic. Easy to prep, cut and store so you can worry about one less thing mid-week.

serves 12 | prep 15 mins

- 180g (½ cup) Capilano Pure Honey
- 1 tbsp cocoa powder, sifted
- 100g butter
- 1 teaspoon vanilla extract
- 4 cups rice bubbles
- 1 cup desiccated coconut

1 Line a square cake or slice pan with baking paper. Place honey, cocoa powder and butter in a saucepan and gently heat until melted and well combined. Remove from heat and stir in vanilla extract.

2 Remove from heat and stir in vanilla extract.

3 Combine rice bubbles and coconut in a bowl, add the choc honey mixture and stir well to combine.

4 Press mixture into the pan and then cover with baking paper. Place another cake pan on top and top with a can or heavy item to press the mixture further.

5 Transfer to a fridge and leave for 1 hour to firm. Once firm, slice and serve.

STIR, STIR, STIR. KIDS OF ALL
AGES CAN HELP MIX

GRAIN FREE BLUEBERRY ZUCCHINI MUFFINS



Need a grain free, gluten free, dairy free veggie-packed muffin for lunchboxes and snacks? We've created it for you! Brimming with nourishment and just the right amount of sweetness, this recipe is a hard-working superfood boost.

serves 12 | prep 10 mins | cook 20 mins

- 150g (1½ cups) almond meal
- 80g desiccated coconut
- 2 tsp baking powder
- ½ tsp bicarb soda
- 1 tsp cinnamon, ground
- 2 zucchinis (approx. 160g each) shredded, squeezed of excess moisture with a paper towel
- 180g (½ cup) Capilano Pure Honey
- 2 tsp vanilla extract
- 2 tbsp olive oil
- 1 small ripe banana, mashed (approx. 100g, peeled)
- 2 eggs
- ½ cup fresh or frozen blueberries
- ¼ cup shredded coconut, to serve

1 Preheat oven to 180°C. Line two 12-cup muffin trays with cases and set aside.

2 In a large bowl combine zucchini, mashed banana, eggs, oil and vanilla. Mix well.

3 Sift over almond meal, baking power, bicarb soda and cinnamon and coconut. Gently fold until just combined.

4 Use a ¼ cup measure to transfer mixture into prepared cases. Evenly distribute blueberries and coconut over tops of muffins and gently fold to partially submerge in muffin. Do not mix into muffin batter at the mixture will turn grey and the blueberries will sink to the bottom.

5 Bake for 20 minutes until an inserted skewer comes out clean. Store in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

PACKED WITH ZUCCHINI, BANANAS
AND BLUEBERRIES, THESE
MUFFINS ARE A NOURISHING BOOST
FOR THE DAY



BEGINNER BAKERS

Sunday mornings in, afternoons spent baking with friends, or prepping ahead for after-school sweet cravings. These classic recipes will be loved by everyone in the family.

BAKING TIPS FOR BEGINNERS

FOR ANY RECIPE, HERE'S A FEW HANDY TIPS TO TURN YOUR BAKING EFFORTS INTO TRIUMPHS!



READ AND FOLLOW THE RECIPE

Take the time to read the recipe in full, check you have enough of every ingredient, and follow the method step by step for best results.



KNOW AND PREHEAT YOUR OVEN

It helps to check if your oven is fan-forced or conventional, and keep in mind that every oven varies a little for cooking time. We've written our recipes for a fan-forced oven, but if yours is conventional, add an additional 10-20°C to the baking temperature. Be sure to give it enough time to preheat to prevent sunken cakes and muffins.



TEMPERATURE COUNTS

For best results, bring your eggs, milk and butter to room temperature for cakes and cookies, especially when there's a mixing or creaming step. This will help create bakes that raise evenly. For your cookies, consider chilling the dough before rolling and baking



CHECK YOUR SCALES AND CUP MEASURES

Baking is equal parts science and magic, so for best results weigh your ingredients instead of measuring them. If you don't have kitchen scales, cup measures will do – just check you have an Australian 250ml cup and 20ml tablespoon measure.



RELAX, IT'S ALL ABOUT THE TASTE AND MEMORIES!

If you have a baking fail, learn, try and try again! It gives you even better stories to share with loved ones to laugh about together!

5 INGREDIENT CHOCOLATEY SCROLLS



The secret to these tender little 5 ingredient scrolls – Greek yoghurt! Simply mix, roll, spread generously with a chocolatey honey mixture and bake. The hardest part? Saving a couple for yourself!

serves 12 | prep 20 mins | cooking 25-30 mins

- 3 cups self-raising flour
- 2 cups Greek yoghurt
- 50g butter
- 90g (3 tbsp) Capilano Pure Honey
- 1 tsp cocoa powder

1 Preheat oven to 180°C and grease a 12 hole muffin tin with butter or spray with oil.

2 Combine yoghurt and flour in a mixing bowl and combine until mixture comes together in a ball.

3 Turn out onto a floured bench top and knead until the dough becomes smooth and elastic (about 3-4 minutes).

4 With a rolling pin, roll out dough into a large rectangle about 1/2cm thick. Combine melted butter, honey and cocoa powder and whisk until well combined (this may take a minute or 2). Spread mixture evenly over dough.

5 Roll dough into a log from the long side. Cut the log into 12 even pieces and place into the muffin holes with the spiral facing upwards.

6 Place into the oven and bake for 25-30 minutes until golden. Remove from the oven and leave to cool slightly.

7 Meanwhile, combine Capilano Honey and cocoa powder and warm the mixture for 10-15 seconds in the microwave until at a drizzle consistency.

8 Drizzle over scrolls and serve. If not serving immediately, set aside to cool completely then transfer to an airtight container. When ready to serve, microwave until the scroll is warmed and drizzle over extra honey.

SERVE WARM FOR MORNING OR AFTERNOON TEA!

HONEY WEET-BIX SLICE



Our very own Capilano ode to the classic. Perfect for lunches, fetes and treating yourself mid-afternoon! It's also beautiful for weekend picnics or parties.

serves 12 | prep 15 mins | cooking 10 mins

BASE

- 5 Weet-Bix, crushed
- 1½ cups plain flour
- 2 tsp baking powder
- ¾ cup desiccated coconut
- 360g (1 cup) Capilano Pure Honey
- 200g butter
- 1 tsp vanilla extract

ICING

- 180g (½ cup) Capilano Pure Honey or Creamed Honey
- 120g cold butter
- 1 tsp cocoa powder (optional)

1 Preheat oven to 180°C (fan-forced). Combine Weet-Bix, flour, baking powder and desiccated coconut in a mixing bowl.

2 Place honey and butter into a saucepan and cook, stirring, over a low heat until the mixture is melted and well combined. Remove from heat and stir in vanilla extract.

3 Pour the honey mixture into the bowl with the Weetbix mixture and mix together. Transfer to a lined 20cm x 30cm baking dish and bake for 18-20 minutes or until firm. Set aside to cool completely.

4 To make the icing, place cold butter, sifted cocoa powder (if using) and honey in the bowl of a stand mixer or use hand beaters to combine until light and fluffy, about 8-10 minutes. Spread on top of the cooled slice and refrigerate for 1 hour until firm, then slice to serve.

POP THE WEETBIX INTO A SNAP LOCK BAG AND THE KIDS CAN CRUSH THEM WITH THEIR HANDS

LEMON, HONEY AND YOGHURT BUNDT CAKE

100%

Elegant, perfectly fluffy, and dripping with a zesty honey icing. Don't underestimate the wow-factor a bundt cake can bring to the table. Experience the smooth taste of honey as it comes through in this rich, yet not-too-sweet classic.

serves 10 | prep 10 mins | cooking 80 mins

CAKE

- 1 tbsp butter, melted
- 1 tbsp plain flour
- 3 eggs
- ¾ cup vegetable oil
- 1½ tbsp finely grated lemon rind
- 120ml lemon juice
- 540g (1½ cups) Capilano Pure Honey
- 1½ cups Greek yoghurt
- 450g (3 cups) self-raising flour, sifted

HONEY MACADAMIAS

- ⅓ cup raw macadamias
- 30g (1 tbsp) Capilano Pure Honey
- ¼ tsp cinnamon
- ¼ tsp salt

LEMON VANILLA ICING

- 225g (1½ cups) icing sugar, sifted
- 1½ tbsp lemon juice
- 1 tsp vanilla extract
- Zest curls from 1 lemon

CAKE

- 1 Preheat oven to 160°C (fan forced). Grease a 22 cm diameter Bundt tin liberally with melted butter then dust with flour. Do not use cooking spray.
- 2 Combine eggs, oil, lemon rind & juice, honey and yoghurt in a large bowl. Add sifted flour and fold until well incorporated. Pour batter into the prepared tin and bake for 45 minutes, or until an inserted skewer comes out clean.
- 3 Cool the cake in the tin for 10 minutes before turning out onto a rack to cool completely.

HONEY MACADMIAS

- 1 Preheat oven to in a 175°C (fan forced). Combine macadamias, honey, cinnamon and salt. Scatter onto a small tray lined with baking paper, ensuring nuts don't touch.
- 2 Bake for 5 minutes until lightly golden. Cool macadamias on a plate, then roughly chop, leaving some whole.

LEMON VANILLA ICING

- 1 In a small bowl combine icing sugar, lemon juice and vanilla, mix until smooth. Spread over cooled cake and finish with macadamias and lemon zest curls.

THE PERFECT
CAKE-TO-ICING RATIO!



FOOD PROCESSOR CARROT CAKE

100%

HIDDEN VEGGIES

The only thing better than traditional carrot cake is an easy, honey-packed version made in a food processor! We top ours with honey-roasted pecans and cream cheese icing for a dessert that impresses every. single. time.

serves 10-12 | prep 20 mins | cooking 50 mins

CAKE

- 400g carrots, peeled & roughly chopped
- 1 cup pecans
- 270g (¾ cup) Capilano Pure Honey
- 300g (2 cups) cups plain flour or gluten free plain flour
- 2 tsp baking powder
- 2 tsp bicarb soda
- 2 tsp cinnamon, ground
- 125ml (½ cup) vegetable oil
- 70g (¼ cup) Greek style yoghurt
- 2 eggs
- 2 tsp vanilla bean paste

ICING

- 250g cream cheese
- 50g (¼ cup) smooth ricotta
- 1 tbsp Capilano Pure Honey
- 1 tbsp lemon juice
- 1 tsb vanilla bean paste

HONEY ROASTED PECANS (OPTIONAL)

- 1 cup pecans
- 1 tbsp Capilano Pure Honey
- 1 pinch sea salt
- ½ tsp ground cinnamon

- 1 Preheat oven to 150°C (fan-forced). Grease and line the base and sides of a 20cm x 10cm loaf tin with baking paper.
- 2 Place carrots in a food processor and process until finely chopped. Add all other cake ingredients and process until combined, scraping down the sides in between if required.
- 3 Transfer mixture to prepared loaf tin. Bake for 30 minutes, then cover cake with foil and return to oven to bake for an additional 20 minutes or until an inserted skewer comes out clean. Transfer to a wire rack to cool completely.

- 4 (Optional) While cake is baking, prepare honey roasted pecans.
- 5 Line a baking tray with baking paper. In a small saucepan combine pecans, honey, cinnamon and sea salt.

- 6 Gently bring to a simmer whilst stirring and cook for 4-5 minutes until golden and caramelised, being careful not to burn mixture. Transfer to prepared baking tray and allow to cool completely
- 7 While cake cools, prepare icing.
- 8 Combine all icing ingredients in the food processor and pulse until smooth. Dollop into centre of cooled cake and gently swirl to the edges of the cake.
- 9 Garnish with honey roasted pecans to serve.

THE FOOD PROCESSOR MAKES
THIS RECIPE SUPER
QUICK TO WHIP UP!



BANANA HONEY MUFFINS

100%

Take four bananas, add a few wholesome ingredients, a big dollop of cocoa honey on top and you have a whole new spin on this lunchbox essential!

serves 12 | prep 10 mins | cooking 20 mins

BASE

4 ripe bananas
90g (¼ cup) Capilano Pure Honey
¼ cup coconut oil, melted and cooled
1 ½ cups self-raising flour
¼ tsp salt
1 egg
1 tablespoon rolled oats

TO SERVE

3 tablespoons Capilano Pure Honey
1 tsp cocoa powder, sifted

- 1 Preheat oven to 180°C (fan forced). Blend or mash 3 bananas, combine with coconut oil and honey until well mixed.
- 2 In a large bowl, combine flour and salt and then add puree and stir until well combined. Add the egg and stir until just incorporated.
- 3 Divide the mixture between the 12 holes of a paper lined muffin tin (filling each to 3/4 full) then top each with a slice of banana and a sprinkle of oats.

4 Bake for 18-20 minutes until a skewer inserted into the batter comes out clean. Set aside to cool.

5 When ready to serve, combine additional honey and cocoa powder, mixing well until smooth. Dollop a teaspoon on top of each muffin.

MASH, MIX AND DIVIDE.
THE KIDS CAN HELP
AT EACH STEP IN THIS RECIPE

FOOD PROCESSOR STICKY DATE HONEY CAKE

This classic winter treat will warm you to your toes! We have recreated this family favourite to swap out the brown sugar for our honey in the cake and divine salted honey sauce.

serves 10-12 | prep 1 hour | cooking 45 mins

CAKE

150ml boiling water
180g dried pitted dates, roughly chopped
1½ tsp bicarb soda
100g unsalted butter
150g (⅔ cup) Capilano Pure Honey
2 tsp vanilla extract
2 large eggs
200g (1½ cups) plain flour or gluten free plain flour
1 tsp baking powder
1½ tsp ground ginger
½ tsp ground cinnamon

SALTED HONEY SAUCE

200g caster sugar
125g Capilano Pure Honey
2 tsp water
250g sour cream
1 tsp vanilla bean paste
50g unsalted butter, chopped
½ tsp sea salt flakes
Ice cream or Greek-style yoghurt, to serve

1 Place dates in a medium heat proof bowl and sprinkle with bicarb soda. Top with boiling water and set aside for 20 minutes to soften.

2 In a small saucepan or microwave safe bowl, combine butter, honey and vanilla extract. Heat on medium, stirring every 30 seconds until combined. Be careful not to over heat. Set aside to cool for 5 minutes.

3 Preheat oven to 160°C (fan-forced). Grease and line the base and sides of a 20cm springform cake tin with baking paper.

4 In a food processor, combine dates and water mixture, pulse until smooth. Add all remaining cake ingredients, pulse until just combined.

5 Transfer mixture to prepared tin and bake for 45 minutes, then remove from oven and cover cake with foil to prevent excess browning. Return to oven for an additional 15 minutes or until an inserted skewer comes out clean.

6 Allow to cool for 15 minutes in tin before inverting onto serving plate. If the cake is slightly domed, use a serrated knife to carefully level before inverting.

STICKY DATE AND WARM SALTED
HONEY SAUCE.
DOES IT GET ANY BETTER?

7 While cake is baking, prepare the sauce. Combine sugar, honey and water in a small saucepan over medium heat until sugar dissolves. Bring to a gentle boil without stirring, swirling the saucepan until the mixture is caramel colours. Remove from heat and whisk in vanilla, sour cream and butter.

8 Return to heat for 1-2 minutes to ensure everything is combined, then add the salt and cool to room temperature.

9 To serve, poke a few holes over the top of the cake using a fork or skewer, then pour over sauce and spread using the back of a spoon. Serve with additional sauce and Vanilla ice cream or Greek yoghurt.

VANILLA HONEY SHEET CAKE



Save this recipe! A tender vanilla and honey cake topped with swathes of creamy, billowy cocoa honey buttercream. Everything you love about a simple butter cake, but *so* much better.

serves 12 | prep 20 mins | cooking 25 mins

CAKE

- 3 cups plain flour
- 1 tsp baking powder
- 1 teaspoon bicarb soda
- ½ tsp salt
- 4 large eggs, room temperature
- 180g (½ cup) Capilano Pure Honey
- ½ cup caster sugar
- 2 tsp vanilla extract
- ¾ cup vegetable oil
- 1 cup buttermilk

ICING

- 270g (¾ cup) Capilano Pure Honey
- 1 tbsp cocoa powder
- 170g cold butter, chopped
- 2 tsp vanilla extract
- 2 tbsp hundreds and thousands, to serve

THIS SIMPLE RECIPE IS
PERFECT FOR BIRTHDAY CAKES!

1 Preheat oven to 180°C. Grease and line sheet pan with baking paper. In a bowl whisk together the flour, baking powder bicarb soda and salt and set aside.

2 In another bowl combine eggs, honey and sugar and whisk until combined. Add the vanilla extract and vegetable oil and whisk again. Gradually mix in the dry ingredients alternating between dry ingredients and buttermilk.

3 Pour batter into the lined sheet pan and level the top with a spoon. Bake for 30-35 minutes until an inserted skewer comes out clean. Remove from oven and set aside to cool completely before icing.

4 To make the icing, place cold butter and honey in the bowl of a stand mixer. Mix on medium until the butter and honey have combined and are light and fluffy, about 8-10 minutes.

5 Spread on top of the cake and scatter sprinkles over the top. Refrigerate until ready to serve. Remove from fridge 15 minutes before serving.firm, then slice to serve.

BROWN BUTTER HONEY CAKES

Looking for a classic honey cupcake recipe? This is it! Warm, oozy and tender, simply bake, glaze and watch them be devoured with glee by kids, adults and grandparents alike.

serves 12 | prep 20 mins | cooking 25 mins

CAKE

- 165g unsalted butter, softened
- 100g brown sugar
- 180g (½ cup) Capilano Pure Honey
- 3 eggs
- 300g self-raising flour
- 1 ½ tbsp (30ml) lemon juice
- 2 tsp vanilla extract
- 1¼ tsp ginger, ground

BROWN BUTTER GLAZE

- 130g unsalted butter
- 90g (¼ cup) Capilano Pure Honey
- 1 tsp vanilla bean paste
- 150g icing sugar

1 Preheat oven to 160°C (fan-forced). Line and grease a 12 hole cupcake tray with paper cases.

2 In a stand mixer, cream butter and brown sugar until pale and fluffy, approximately 4-5 minutes. Add honey and vanilla extract and mix until combined. Add eggs, one at a time, beating well in between.

3 Sift flour and ginger into butter mixture, add lemon juice and mix on low to combine. Do not over-mix.

4 Using a ¼ cup measure, divide mixture between cases and bake for 20-25 minutes until golden and an inserted skewer comes out clean. Allow to rest for 10-15 minutes before glazing while warm.

5 For domed cupcakes, measure 1/3 cup mixture into cases.

6 While cakes are baking, prepare glaze. Melt butter in a microwave-safe bowl, or over medium heat in a small saucepan. Remove from heat, add honey and vanilla, mix well. Sift in icing sugar and whisk to combine into a smooth glaze.

7 While cakes are still just warm, spoon glaze over cupcakes.

WARM, TENDER AND OH-SO-MOREISH!

THE HONEY BUTTER ICING CAN BE
USED FOR ICE CREAM, CRUMBLES,
CAKES AND MORE!

FLUFFY CAPILANO HONEY BIRTHDAY CAKE



Is there anything more exciting than presenting a home-made cake to party-goers at a birthday? The smell of freshly-blown-out candles, the maybe not-so-great singing, and each families unique cake-cutting tradition. Create more fond memories this year with the perfect cake.

serves 12 | prep 20 mins | chilling 30 mins

- BASE**
185g unsalted butter, chopped
270g (¾ cup) Capilano Pure Honey
250ml (1 cup) milk
3 eggs, separated
100g (1 cup) almond meal
300g (2 cups) self-raising flour
3 tsp cinnamon, ground
3 tsp baking powder
600ml thickened cream
Capilano Pure Honey, to serve

1 Preheat oven to 170°C (150°C fan-forced). Grease and line two 20cm round cake tins.

2 Combine butter and honey in a microwave safe bowl and microwave in 30 second intervals, stirring between each, until the butter is melted and combined with the honey.

3 Whisk in milk and egg yolks until combined, then add almond meal and whisk again. Sift in the self-raising flour, cinnamon and baking powder and mix to combine. Using an electric mixer, whisk the egg whites to stiff peaks then add to the cake mixture and fold through until just combined.

4 Divide mixture evenly between the two cake pans and bake for 30 minutes until a skewer inserted into center comes out clean. Remove from oven and stand for 10 minutes, then turn out onto a cool rack and cool completely.

5 Using an electric mixer, beat thickened cream until stiff peaks form, being careful not to over-beat as it will split. Spread half of cream over one of the cooled cakes, then place the second cake on top and top with the remaining thickened cream. To serve, drizzle with Capilano honey.

LIGHT, TENDER, CREAMY AND DRIPPING
WITH BEAUTIFUL HONEY.

THIS IS OUR VERY OWN CAPILANO
BIRTHDAY CAKE



FOR ANY OCCASION

ENTHUSIASTIC BAKERS

For seriously impressive sweets, party-worthy bakes and recipes you can add to your repertoire for years to come. These recipes are all about being creative.



CAPILANO HONEYCOMB

Equal parts science and magic, our classic Capilano honeycomb recipe is a treat to make, and eat – especially when dipped in chocolate. The perfect activity or edible gift, year-round.

serves 12-15 | prep 10 mins

1 tbsp bicarb soda, sifted
1¼ cups caster sugar
180g (½ cup) Capilano Pure Honey
1 tsp pure vanilla extract
Pinch of fine sea salt

NOTE: You will need a silicone spatula and sugar thermometer, or digital thermometer for this recipe. Adult supervision is recommended at all times.

1 Measure all ingredients out before you get started. Line a baking tray with baking paper and set aside.

2 In a large saucepan combine honey, sugar and salt. Mix to combine, then heat over medium heat until mixture reaches 150°C, approximately 3 minutes.

3 Remove from heat and add vanilla extract and bicarb soda. The mixture will foam up quite a bit, this is okay, just keep stirring to combine.

4 Once combined, quickly pour onto prepared baking tray and spread gently.

5 Allow to rest for 5-10 minutes to set, then break up into shards.

6 Store in an airtight container until ready to eat, or dip into melted chocolate for a sweet treat!

**PERFECT AS AN EDIBLE
GIFT, CUPCAKE DECORATION
OR WEEKEND BAKING ADVENTURE!**



TRY IT WITH CHOC

CAPILANO HONEY MARSHMALLOWS



The joy of a homemade marshmallow is hard to beat. Ours are infused with the silky golden taste of Pure Capilano honey. Perfect for toasting over campfires, dropping into a Capilano-cino or wrapping up for loved ones as an edible gift.

serves 12 | prep 20 mins | set time 4hr

- 120g (½ cup) Capilano Pure Honey
- 515g (2½ cups) caster sugar
- 20g glucose syrup
- ¾ cup plus an extra ¾ cup (375ml) water
- 1½ tbsp powdered gelatine
- 1 tsp vanilla bean paste
- 70g egg whites (approx. 2-3), at room temperature
- Pinch Salt
- Cornflour, to dust

PERFECT FOR ADDING TO YOUR WARM CAPILANO-CINO!

- 1 Grease and line with baking paper a 25 x 25cm square, set aside. For best results, weigh all ingredients and have them ready before starting to prepare recipe
- 2 Combine gelatine and ¾ cup (187ml) cold water in a small bowl and set aside for 5 minutes. Place in microwave and heat for 45 seconds until the gelatine has dissolved and the liquid is clear. Set aside and reheat if the mixture sets before being added to the egg mixture.
- 3 In a small heavy-based saucepan, combine 2 cups (440g) caster sugar, glucose syrup and ¾ cup (187ml), and stir over low heat until the sugar has dissolved. Increase the heat and bring to a simmer without stirring. When the syrup reaches 115° C, place the egg whites in a stand mixer and whisk on medium until frothy, then increase to high, slowly add the remaining 1/3 cup caster sugar and whisk until thick and glossy. Check sugar syrup again and simmer until reaching 127° C.
- 4 Once the syrup has reached temperature, turn the heat off and allow the bubbles to stop. Then increase the mixer to medium-high and slowly pour the gelatine mixture down the inside of the bowl in a thin continuous stream. Then add the sugar syrup in the same way. Turn up to high, then add vanilla bean paste, salt and honey and whisk for 10-12 minutes until the outside of the bowl has re-turned to room temperature.
- 5 Transfer the mixture to the prepared baking dish, level out the top with an offset spatula and then set aside for 3-4 hours until set. Once set, cut into squares and roll sides lightly in cornflour, icing sugar or desiccated coconut to serve.

MANGO PAVLOVA WITH COCONUT, PISTACHIO AND HONEY DRIZZLE



The iconic Aussie pavlova. This family favourite is a must-have at all important events and occasions throughout the year (especially Christmas). This time, we're giving the age-old recipe a freshen up with juicy mango, coconut, pistachio and a homemade honey-lime drizzle. Delicious!

serves 4-6 | prep 30 mins | cooking 90 mins

- ICING**
- 6 egg whites (225ml)
 - Pinch of salt
 - 260g (1½ cups) caster sugar
 - 1½ tsp white vinegar
 - 2 tsp cornflour

- LIME HONEY**
- 180g (½ cup) Capilano Pure Honey
 - 1 lime

- TOPPING**
- 600ml cream
 - 1 tsp vanilla extract
 - ⅓ cup coconut flakes, lightly toasted
 - 60g (2 tbsp) Capilano Pure Honey
 - 2 mangoes, peeled & thinly sliced
 - ¼ cup pistachios, roughly chopped
 - 1 lime

- 1 Preheat the oven to 120°C. Line a baking tray with baking paper and draw a 22cm circle in the centre.
- 2 Whisk the egg whites and salt using an electric mixer on medium until soft peaks form, or for approximately 3-4 minutes. With the mixer still running, add the sugar 1 tbsp at a time, beating well after each addition. Beat until thick and glossy.
- 3 Spoon the mixture onto the baking paper, keeping the meringue inside the circle drawn on the paper. Smooth the edges with a spatula and form high sides, leaving a slight depression in the centre.
- 4 Bake for 90 minutes, or until the meringue is dry to the touch and not coloured. Turn the oven off and let the meringue cool completely for 3-4 hours.
- 5 Meanwhile, make the lime honey by adding honey to a small non-stick pan. Finely grate the zest from the one lime over the honey, then add its juice. Heat the honey over low heat, allowing it to simmer gently for 5 minutes, stirring occasionally. Turn off the heat and let it cool completely. If the lime honey is too thick when cooled, stir through a little hot water to dilute it.
- 6 In a separate bowl, whisk the cream, vanilla and 2 tbsp of honey until soft peaks form.
- 7 Lay the cooled meringue onto a serving plate. Fill the top of the meringue with the whipped honey cream, then arrange the thinly sliced mango over the cream.
- 8 Drizzle over the honey lime, scatter with toasted coconut flakes and pistachios. Finely grate the zest of the second lime straight over the pavlova. Serve immediately.

THE HONEY-LIME DRIZZLE MAKES THIS AUSSIE ICON SING ON THE TASTE BUDS!

FLOURLESS WHOLE ORANGE HONEY CAKE



Dense, syrupy and dripping in honey. Whole-fruit cakes are back, and our flourless version uses fresh orange twist to bring out a beautiful citrusy twang.

serves 12 | prep 15 mins | cook 90 mins

BASE

- 2 medium oranges (280g approx)
- 4 eggs
- 210g (¾ cup) Pure Capilano Honey
- 1 tsp vanilla extract
- 1 tbsp baking powder
- 4 cups almond meal

HONEYED ORANGES

- 2 medium oranges
- 1 cup honey
- 1 cup water
- 1 cinnamon quill

TO SERVE

- 2 tbsp chopped pistachios
- Greek yoghurt
- Thyme leaves

CAKE

1 Place oranges in saucepan of water and bring to the boil, then simmer for 20 minutes. Once cooked, blend until smooth in food processor and weigh 185 g of orange puree.

2 Preheat oven to 150°C. Grease and line a 22 cm round springform tin.

3 In a stand mixer, whisk eggs for 1 minute on medium, add honey and continue whisking for 5 minutes until thick, but still a little runny. Gently fold in vanilla and reserved orange puree, followed by the baking powder and almond meal until just incorporated.

4 Pour batter into prepared tin and bake for 50 - 60 mins, or until a skewer comes out clean. Allow to cool completely before removing from tin.

HONEYED ORANGES

- 1 Slice oranges into 5mm slices, set aside.
- 2 Combine honey, water and cinnamon quill in a large saucepan over medium-high heat. Stir to dissolve the honey then add the sliced oranges. Bring to the boil, reduce the heat to a simmer and cook the oranges for 8-10 minutes until the skin appears translucent.
- 3 Use a fork or slotted spoon to remove orange slices, rest on a plate. Continue simmering the syrup for 20 minutes until thick, then return orange slices to syrup and continue simmering for 5 minutes.
- 4 Turn off heat, remove orange slices and lay them on a wire rack to cool completely. Reserve the syrup.

TO SERVE

Transfer cake to serving platter, then arrange orange slices on top. Scatter with chopped pistachios, thyme and serve with syrup and yoghurt.

A WHOLE ORANGE MAKES THIS CAKE NOURISHING AND RICH.

BEAUTIFUL WITH A CUP OF TEA AND DOLLOP OF CREAM OR YOGHURT.



STRAWBERRY AND HONEY RICOTTA CAKE



This beautiful gluten-free cake will really put a spring in your step! It is made with cannellini beans instead of butter and is brimming with the rich creaminess of ricotta and toasty almond meal.

serves 10-12 | prep 20 mins | cooking 40 mins

CAKE

- 400g can no-added-salt cannellini beans, rinsed, drained
- 70g (¼ cup) natural yoghurt
- 3 tsp vanilla bean paste
- 4 eggs
- 125g (½ cup) Capilano Pure Honey
- 40g (¼ cup) plain flour (or gluten free plain flour)
- 2 tsp baking powder
- 1 tsp cinnamon, ground
- 150g almond meal

TO SERVE

- 125g (½ cup) smooth ricotta
- 60g (2 tbsp) Capilano Pure Honey
- 130g (½ cup) natural yoghurt
- 400g fresh strawberries (½ for garnish, ½ for sauce)
- 2 tbsp Capilano Pure Honey, extra

- 1 Preheat oven to 160°C (fan-forced). Grease and line base & sides of a 20cm cake tin with baking paper. Combine honey and eggs in the bowl of a stand mixer. Whisk until pale and thick, approx. 5-6 mins.
- 2 In a food processor combine drained cannellini beans, 70g yoghurt, cinnamon and 2 tsp of vanilla. Blend until smooth.
- 3 Add beans to egg mixture and sift flour, baking powder, almond meal on top. Gently fold on low speed until just combined being careful not to lose too much air in the mixture.
- 4 Transfer mixture to prepared cake tin and bake for 40 mins. Check cake with a skewer in the middle - if it comes out clean the cake is ready. If it still needs a little more time, cover cake with foil and bake for an additional 10 mins until an inserted skewer comes out clean. Allow to cool completely before icing.

- 5 Prepare strawberry sauce by combining 200g strawberries with honey and 1 tsp of vanilla in a blender. Pulse until smooth and keep chilled until ready to serve.
- 6 For icing, place ricotta, honey, 130g yoghurt and vanilla in the bowl of a stand mixture with paddle attachment. Mix on medium speed until smooth and voluminous. If too runny, chill until the mixture firms up again.
- 7 Use a spatula to dollop into middle of cake and gently spread to sides of cake, just before serving. Icing will be soft and slightly runny.
- 8 Top with fresh strawberries and strawberry sauce to serve.

THE SECRET TO THIS BETTER-FOR-THEM CAKE?

CANNELLINI BEANS! NO ONE WILL EVER GUESS...



CAPILANO HONEY JUMBLES



Capilano honey jumbles are a tender spiced biscuit, glazed with signature coloured honey icing that just oozes down the sides of the bikkie. Wonderful for reliving childhood memories – or creating new ones!

serves 16 | prep 30 mins | cooking 10 mins

JUMBLES

- 60g unsalted butter, chopped
- 180g (½ cup) Capilano Pure Honey
- 1 tbsp milk
- 1 tsp vanilla extract
- 160g (1¼ cups) plain flour
- ½ tsp bicarbonate soda
- 1 tsp ground ginger
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp nutmeg

ICING

- 2 ½ cups (375g) icing sugar, sifted
- 1 tsp honey
- 1 tsp vanilla bean paste
- ¼ cup (60ml) boiling water
- Yellow and red food colour

- 1 Preheat oven to 160°C (fan-forced) and line 2 baking trays with baking paper. Place butter and honey in a medium saucepan over medium heat. Bring to a simmer, reduce heat to low and cook for 2 minutes. Alternatively, microwave butter and honey on low heat until just melted.
- 2 Transfer mixture to a large mixing bowl. Allow mixture to cool slightly, add milk and vanilla. Stir to combine.

- 3 Sift flour, bicarb soda and spices over butter mixture. Stir to combine. Cover with cling wrap and chill 1 hour or until mixture is firm enough to handle.
- 4 Once dough has cooled, divide into quarters. Divide each quarter into 4 equal sized balls – use kitchen scale for best results.
- 5 Shape each ball into logs 5-6cm long and transfer to a baking sheet 5cms apart (this is critical).
- 6 Using a metal spoon, flatten the surface of the dough, but do not over-press the dough. Clean spoon between each biscuit if the dough is extra sticky. Bake for 10 minutes and allow to cool slightly before transferring to wire racks to complete cooling.

- 7 Store in an airtight container until ready to ice, once cooled to prevent biscuits absorbing moisture from the air and softening.
- 8 Sift icing sugar into a large bowl. Add honey and vanilla bean paste, stirring to combine. Add boiling water one teaspoon at a time until desired consistency is reached. Icing should be very thick as it will spread when placed on the biscuits.
- 9 Divide icing into two bowls and add 1 drop of red food colour to tint one icing bowl pink.
- 10 Using a teaspoon, dollop icing into the middle of each biscuit and gently spread over the biscuit, allowing icing to naturally settle into place. Allow icing to dry completely before storing in an airtight container for up to 3 days.

WATCH EVERYONE'S EYES LIGHT UP WITH FOND MEMORIES OF THIS AUSSIE ORIGINAL RECIPE



HONEY BUNNY CUPCAKES



For Easter festivities, or any opportunity to bring some FUN to the table at special occasions! These classic honey cupcakes are topped with coconut, marshmallows and tasty icing, sure to please everyone.

serves 12 | prep 20 mins | cooking 25 mins

CAKES

- 165g unsalted butter, softened
- 100g brown sugar
- 180g (½ cup) Capilano Pure Honey
- 3 eggs
- 300g self-raising flour
- 1½ tbsp (30ml) lemon juice
- 2 tsp vanilla extract

TO DECORATE

- 270g (¾ cup) Capilano Pure Honey
- 170g cold butter, chopped
- 2 tsp vanilla extract
- 1 packet jumbo marshmallows
- 1 cup shredded coconut
- Yellow jelly crystals or icing sugar tinted with 1-2 drops yellow food colour

1 Preheat oven to 160°C (fan-forced). Line and grease a 12-hole cupcake tray with paper cases.

2 In a stand mixer, cream butter and brown sugar until pale and fluffy, approximately 4-5 minutes. Add honey and vanilla and mix until combined. Add eggs, one at a time, beating well in between.

3 Sift flour into butter mixture, add lemon juice and mix on low to combine. Do not over-mix.

4 Using a ¼ cup measure, divide mixture between cases and bake for 20-25 minutes until golden and an inserted skewer comes out clean. Allow to cool fully before icing and decorating.

5 To make icing, place softened butter and honey in the bowl of a stand mixer. Mix on medium until the butter and honey have combined and are light and fluffy, about 8-10 minutes.

6 To decorate, place coconut in a small bowl. Use a large dessert spoon or ice cream scoop to place a large dollop of icing in the middle of the cupcake, smooth a little to ensure the cupcake is covered, then dip the cupcake into the bowl of coconut to cover completely.

7 Using kitchen scissors, cut marshmallows diagonally to create bunny ears (we recommend using the large sized marshmallows). Dip the cut side of the marshmallow into yellow coloured jelly crystals or yellow tinted food colour. Place on top of cupcakes, gently adjusting to sit like ears.

8 Storage: Keep iced cupcakes in an airtight container for up to 2 days.

PREP-AHEAD TIPS

1 Un-iced cupcakes can be prepared 1 day in advance and stored in an airtight container at room temperature.

2 Icing can be prepared ahead and stored in an airtight container. Simply bring to room temperature and mix well before icing, using a stand mixer or electric beaters for 1-2 minutes.

GENERAL RECIPE TIPS

1 It is best to follow this recipe by the grams weight, affordable kitchen scales can be purchased at most supermarkets.

2 Don't forget to use a little cooking spray or vegetable oil in your measuring cup/ bowl before weighing honey into it – this helps prevent honey sticking to the cup.

AN EASY, FUN AND FESTIVE TREAT FOR KIDS!

CAPILANO MANUKA HONEY BAKLAVA



Few desserts rival the nutty honey-filled joy of a crispy piece of baklava. Our recipe is a Capilano twist on tradition with a mix of your favourite nuts, Capilano manuka honey and a hint of vanilla. Perfect with a cup of tea.

serves 24 | prep 30 mins | cooking 40 mins

BASE

- 500g nuts of choice – raw walnuts, pistachios, hazelnuts, almonds
- 1 tbsp cinnamon, ground
- ¼ tsp cloves, ground
- 375g pack chilled filo pastry
- 125g unsalted butter, melted

HONEY SYRUP

- 1 cup cold water
- 720g (2 cups) Capilano Floral Manuka honey
- 2 tsp orange zest
- 2 tsp vanilla extract
- 5 whole cloves
- 1 lemon, juiced

TO DECORATE

- 50g pistachios, finely pulsed in food processor

HONEY SYRUP

1 Preheat oven to 180°C. Combine honey, water, orange zest, vanilla, cloves and bring to a boil.

2 Allow to simmer for 20-25 minutes until thicker.

3 Add lemon juice and remove cloves. Remove from heat and transfer to jar to cool completely on benchtop.

NUT MIXTURE

1 Combine chosen nuts in a food processor and pulse to finely chop. Transfer to a large mixing bowl and add honey, cinnamon, and ground cloves. Mix well to combine.

METHOD

1 Carefully unroll filo pastry and cover with a damp clean tea towel or wet paper towel. This will help keep the filo from drying out during assembly.

2 Brush a 9"x 13"x 2" baking pan with melted butter, then cover with a sheet of pasty, trimming to size. Brush with melted butter and repeat a few more times until 1/3 of the pastry is layered in the tray.

3 Sprinkle half of the nut mixture over the pastry, and repeat layering of pastry and butter for an additional 1/3 of the pastry packet.

4 Add remaining ½ of nut mixer and finish with final 1/3 of pastry, repeating layers of pastry brushed with butter in between. Brush very top layer with butter and prepare to cut the baklava before baking.

5 To cut the baklava, take a sharp knife and cut 4 long rows across the tin. You may need to wipe the knife clean between each row. Then cut on a diagonal across the tin to create 24 diamond shaped pieces.

6 Transfer to preheated oven and bake for 35-40 minutes until golden. Remove from oven and immediately pour cooled honey syrup across hot baklava. It is important to have room temperature syrup going onto hot baklava to ensure a crisp result and avoid soggy pastry.

7 Allow to cool completely, then garnish with pistachio and serve with a dollop of yoghurt, cream or ice cream. Store once fully cooled, in an airtight container for up to 5 days or frozen for up to 3 months. Bring to room temperature to serve.

HONEY, NUTS, SPICE. IS THERE A MORE COMFORTING COMBINATION?



BEESTING CUPCAKES

Create these single serve bites of beesting cake bliss! Tender honey cupcakes filled with honey custard, creamy icing and almond praline. This recipe has a few steps, but your custard and praline can be prepared ahead of time.

serves 12 | prep 45 mins | cooking 45 mins

BASE

165g unsalted butter (softened)
100g (½ cup) brown sugar
180g (½ cup) Capilano honey
3 eggs
300g (2 cups) self-raising flour
30ml (1½ tbsp) lemon juice
2 tsp vanilla extract

HONEY ALMOND PRALINE

100g (1 cup) flaked almonds
220g (1 cup) caster sugar
60g (2 tbsp) Capilano Pure Honey
¼ cup water

VANILLA BUTTERCREAM FROSTING

250g unsalted butter, softened
540g (4½ cups) icing sugar, sifted
2 tbsp milk
2 tsp vanilla extract
1/8 tsp salt

CUSTARD FILLING & DECORATION

1 cup thick custard (store bought)
Extra Capilano Pure Honey, to drizzle

CUPCAKES

1 Preheat oven to 160°C (fan-forced). Line a 12 hole cupcake tray with paper cases.

2 In a stand mixer cream butter and brown sugar until pale and fluffy (approx 4-5 mins).

3 Add vanilla extract and honey, mix until combined then add eggs, one at a time, beating well in between.

4 Sift flour into butter mixture, add lemon juice and mix on low to combine. Do not overmix.

5 Using a ¼ cup measure divide mixture evenly between paper cases. Bake for 20-25 minutes or until golden and an inserted skewer comes out clean.

6 While cupcakes are cooling, make the honey almond praline and vanilla buttercream frosting.

HONEY ALMOND PRALINE

1 Once cupcakes have been removed from the oven for cooling, increase oven to 180°C (fan-forced). Place almonds on a baking sheet and toast in the oven until golden (5-8 minutes). Remove from the oven and set aside to cool.

2 Place fresh baking paper on a baking tray. Place almonds on the prepared tray in 12 separate rounds. Flatten the piles of almonds into desired shapes. Set aside until the toffee is ready.

3 Place sugar, honey and water into a medium saucepan. Stir over a low heat until sugar has dissolved. Once the sugar has dissolved, bring the mixture to a boil. Cook, without stirring, until mixture reaches the hard crack stage (155°C) or is dark golden brown.

5 Remove the toffee from the heat and allow to sit until bubbles have subsided.

6 Using a clean dry spoon, drizzle spoonfuls of the toffee over the prepared almonds. Leave praline to sit until hard and cool to touch

VANILLA BUTTERCREAM FROSTING

1 In a stand mixer, cream butter until pale, approximately 8 minutes. Sift in icing sugar, milk, vanilla extract and salt, mixing until smooth.

2 Place icing in a large piping bag fitted with a large star shaped nozzle. Place icing in a large piping bag fitted with a large star shaped nozzle.

ASSEMBLY

1 Once cupcakes are cool, frosting and praline are prepared, assemble the cupcakes.

2 Using a sharp knife, cut a 2-3cm diameter circle in the middle of each cupcake and scoop out a tablespoon of cake from the top of each cupcake. Fill with custard

3 Pipe buttercream frosting, starting from the outside inwards, on the top of the cupcake.

4 Decorate with honey almond praline, bumble bees, and a drizzle of honey to finish.

DRESSED TO IMPRESS, HONEY CUPCAKES ARE FILLED WITH HONEY CUSTARD FOR A BEESTING-INSPIRED SURPRISE!



HONEYED CARAMEL POPCORN



Crunchy, caramel and oh-so moreish, this divine honey, brown sugar and vanilla caramel popcorn recipe is a school holidays and movie night in favourite. Why not make a double batch and gift it to someone special too!

serves 4-6 | prep 20 mins | cooking 15

- 125g butter, unsalted
- 100g brown sugar
- 90g (1/4 cup) Capilano Pure Honey
- 1 tsp vanilla bean paste
- 1/4 tsp bicarb soda
- 2 tbsp coconut or vegetable oil
- 250g popcorn kernels
- 1/2 tsp sea salt flakes, to serve

- 1 Preheat oven to 160°C (fan-forced). Line two baking sheets with baking paper, set aside.
- 2 Heat oil in a large saucepan over medium heat. Add popcorn kernels, cover and cook, shaking the pan, for 4–5 minutes or until popped. Transfer to baking trays and distribute evenly.
- 3 Combine butter, honey and brown sugar in a saucepan over medium heat, bringing to a boil for 3-4 minutes, being careful not to burn mixture. Remove from heat, add vanilla, bicarb soda and salt. Mixture will bubble up, stir quickly.
- 4 Tip caramel over popcorn and stir well using two spoons to roughly coat. Don't worry if the mixture sets before fully coating. Place in oven to bake for 5 minutes.
- 5 Remove from oven and mix to coat popcorn with melted caramel again. Bake for an additional 5 minutes and then allow trays to cool on benchtop. Break cooled caramel popcorn up before serving.
- 6 Popcorn will keep in an airtight container for up to a week – if it lasts that long!

JUST ADD A BEANBAG AND MOVIE!



NO BAKE COCONUT AND LEMON TART

Brimming with zesty, toasty, and creamy flavours. One bite and you'll be smitten by its chewy base and silky-smooth honey, cashew and lemon filling. Perfect for special occasions and gatherings.

serves 10-12 | prep 30 mins
chilling 4 hours or overnight

- BASE**
- 160g raw almonds
 - 40g (1/2 cup) shredded coconut
 - Pinch fine sea salt
 - 60g (2 tbsp) Capilano Pure Honey

- FILLING**
- 230g (1 3/4 cups) raw cashews, soaked in cool water for 4-12 hours (or covered in boiling water and soaked 1-2 hours)
 - 2 tbsp white chia seed, pulsed to a fine ground
 - 180g (1/2 cup) Capilano Pure Honey
 - 3 large lemons, zested
 - 3/4 cup lemon juice
 - Pinch ground turmeric (optional, for colour)
 - Pinch fine sea salt
 - 1/4 cup water
 - 3/4 cup melted and cooled extra-virgin coconut oil

- TO SERVE**
- 400ml coconut cream, chilled
 - 30g (1 tbsp) Capilano Pure Honey
 - 1 tsp vanilla extract
 - 2-3 cups mixed berries

- BASE**
- 1 Combine almonds, coconut and salt in a food processor and pulse until finely ground. Add honey and pulse until mixture comes together.
 - 2 Tip dough into a 9 inch tart pan and use the back of a metal spoon to press into base and sides of pan.
 - 3 Chill until ready to use and clean food processor bowl to prepare filling. place can of coconut cream in fridge to chill for serving.

- FILLING**
- 1 Drain cashews and combine with ground chia, honey, lemon zest and juice, turmeric, and salt in food processor. Blend on low, gradually adding water then increase to high speed for 2-3 mins until silky-smooth, scraping down the sides of the blender as needed.

2 Add melted coconut oil and blend until just combined; don't over process or the mixture may become grainy.

3 Pour filling into prepared base and chill for 4 hours or overnight until firm.

- TO SERVE**
- 1 Without shaking the coconut cream can, open can and skim off thickened cream at the top and place into stand mixer with whisk attachment. Add honey and vanilla and whisk until soft peaks form. Do not over-mix.

2 Remove tart from fridge and dollop whipped coconut cream into middle of tart. Use a spatula to gently spread over tart and top with berries.

3 To serve, slice with a sharp knife, wiping clean with a hot damp cloth between slices. Keep leftover tart in the fridge covered for up to 4 days.

BRIMMING WITH NOURISHING
INGREDIENTS, THIS DESSERT IS EASY
TO PREP AHEAD AND WILL DELIGHT A CROWD!





**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 flavored 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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