



INTRODUCING OUR

Christmas Guide

Delightful Recipes
& Festive Treats

SWEETEN YOUR CHRISTMAS NATURALLY, WITH CAPILANO HONEY



FESTIVE FAVOURITES

Hello honey lovers, and welcome to your Capilano Christmas eBook - Hive to Home... filled with homemade gift ideas, sweet and savoury festive recipes, and products to pop straight under the tree.

The best part? Swapping from refined sugar to all-natural honey has never been easier - so you (Santa, and all his reindeer) can enjoy your favourite treats, without the added sugar!

This time of year is special for foodies, so whether you're spending more time entertaining friends, need a gift idea (or two) for the generous hosts, or have been given the honour to put on the Christmas feast yourself this year - this book has it all.

~ The Capilano Honey Team.

#OozesAustralia #HoneyLovers

Decorated Santa Pancakes

Christmas is all about the food, so take every opportunity to drizzle, ooze and get creative with honey!





**Honey
Tiramisu**
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A Capilano Christmas

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Homemade Gifts

Whether you have family arriving from across the country for the festive season, or you're visiting friends and loved-ones with kids... these homemade gift ideas come from the heart!

Capilano Honey Gingerbread

Christmas baking is an unmissable yearly tradition for so many families. Here's our super-simple but deliciously classic gingerbread recipe. Made with the sweet addition of Capilano honey, of course.

serves 20 | prep 80 mins | cooking 20 mins

125g butter, softened
180g (½ cup) Capilano Pure Honey
½ cup dark brown sugar
1 egg yolk
2½ cups plain flour
1 tsp bicarbonate of soda
1 tsp of ground ginger*
½ tsp of ground cinnamon
½ tsp of nutmeg

1 Using an electric mixer, beat butter, honey and dark brown sugar together in a medium bowl until creamy. Add egg yolk and beat until combined.

2 Sift flour, spices and bicarbonate of soda together and add to creamed mixture. Stir with a wooden spoon until combined. Use your hands to gather into a firm dough.

3 Knead lightly, then divide into 2 discs. Wrap each disc in plastic wrap and refrigerate for 1 hour.

4 Preheat oven to 170°C. Line 2 large baking trays with non-stick baking paper.

5 Knead one disc until smooth. Roll out on a floured board to 3 mm thick. Use a variety of Christmas cookie cutters (we used a 12cm high cutter) to cut shapes. Use a small spatula or butter knife to help carefully transfer the shapes onto the prepared trays 2cm apart. Gather scraps and re-roll to make more shapes.

6 Bake for 8-10 minutes or until golden, swapping shelves halfway through cooking time. Stand on trays 10 minutes, then carefully transfer to a wire rack to cool completely. Repeat with remaining dough.

7 Decorate and store gingerbread in an airtight container for up to 1 week.

This recipe is made for little taste buds, **double the ginger** for a stronger taste!

Homemade Garlic Ginger Honey Infusion

If you're buying for a major foodie, chances are they've already been given, or tried most of the options you'll find on supermarket shelves. So, why not take this gift idea up a notch with a homemade infusion tailored especially to their taste?

serves 12 | prep 5 mins + fermenting

180g (½ cup) Capilano Active Manuka Honey MGO 300+
10 small garlic cloves (or 5 large)
1 piece ginger, 1–2 inches (2–4cm)
Water (optional)
Lemon juice (optional)

1 Peel garlic cloves and ginger, put them into a jar, and cover with Capilano Manuka Honey.

2 Set in a warm place for 2 weeks or more until garlic and ginger turns opaque.

To store: fermented honey is naturally antibacterial, and can be kept for up to 3 months when sealed and left in a cool dark cupboard.



Bees Knees Honey Rum Balls

A fun take on the traditional recipe you know and love. These Honey Rum Balls are all-natural, condensed milk free and have all the ingredients for bite after bite of festive glee!

serves 24 | prep 20 mins

165g sugar-free shortbread cookies
240g (¾ cup) Capilano Floral Manuka Honey, plus extra, to drizzle
100g Turkish dried apricots
55g (½ cup) walnuts
45g (½ cup) desiccated coconut, plus 5 tbs, extra
1 tbs dark rum
150g dark chocolate melts
Crushed honeycomb, to sprinkle

1 Line 2 baking trays with baking paper. Coarsely break the biscuits into a food processor. Add honey, apricots, walnuts and coconut. Process until well combined and mixture comes together. Transfer half the mixture to a bowl and reserve the remaining half in the food processor.

2 Place 3 tbs extra coconut in a shallow bowl. Roll level tablespoonfuls of the honey mixture in the bowl into balls. Roll in coconut to coat. Place on 1 prepared tray. Set aside to set.

3 Add the rum and remaining extra 2 tbs coconut to the reserved honey mixture in the processor. Process until combined then roll level tablespoonfuls into balls.

4 Place chocolate melts in a small, deep microwave-safe bowl. Microwave on Medium, stirring occasionally, for 2 minutes or until melted and smooth. Use a fork to dip the rum balls, 1 at a time, in the chocolate to coat. Gently tap the fork on the side of the bowl to remove excess chocolate. Use a skewer to gently slide the ball onto remaining prepared tray. Sprinkle with a little honeycomb. Repeat with the remaining rum balls, chocolate and honeycomb. Set aside to set. Store in airtight containers in the fridge. Drizzle over extra honey to serve.

Tip: If you can't find plain honeycomb, trim the chocolate off honeycomb chocolate bars.



**Make with or
without the rum.
Just double the
honey.**

Capilano Honey Mashmallows

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 or dropping into a Capilano-cino.

serves 12 | prep 20 mins | set time 4 hrs

120g (½ cup) Capilano Pure Honey
515g (2 ½ 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

- 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 returned 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.

Wrap them up
for Christmas
smores.



GIFT A LITTLE
EXTRA WARMTH
THIS CHRISTMAS

CAPILANO HOT
CHILLI HONEY

Savoury Staples

Tried and tested! Here are a few recipes to impress the entire table on the big day – from a creamy mashed potato to the Capilano-glazed ham as the main event.

Honey-Lime Salmon with Mango Salsa

Meet your new go-to warm-weather recipe, Honey-lime salmon (complete with fruity mango salsa!). This trio of flavours is a summer dream combined with the lingering sweetness of Capilano Pure Honey. A staple for BBQs, get-togethers, or a quick-throw-together dinner on Christmas Eve.

serves 4–6 | prep 20 mins | cooking 15 mins

SALMON

4 x 180g skinless salmon fillets
¼ tsp fresh crushed chilli
3 tbsp Capilano Pure Honey
1½ tbsp lime juice
2 tbsp soy sauce
2 tsp vegetable oil.

MANGO SALSA

Juice of 1 lime
1 tbsp Capilano Pure Honey
1 tsp oil
¼ tsp salt
1 mango, small diced
½ red onion, small diced
2 Lebanese cucumbers, seeded and small diced

1 In a small bowl, whisk honey, lime juice, soy sauce, and oil.

2 Place salmon into a zip-lock bag and pour marinade mixture over the top. Massage mixture into salmon and place into refrigerator to marinate for 30 minutes.

3 While salmon is marinating, make mango salsa. In a medium bowl, whisk lime juice, honey, oil, and salt.

4 Add diced mango, onion, cucumbers, and chopped coriander and mix well. Store in refrigerator until ready to serve.

5 Preheat air fryer at 200°C for 5 minutes.

6 Remove salmon from marinade (reserve marinade sauce) and place into air fryer. Cook at 200°C for 4 minutes.

7 Baste salmon with marinade and cook for a further 3 minutes. Serve hot with mango salsa.

Pan roasted: heat a large non-stick frypan on medium-high. Add 1 tbsp olive oil to pan and add salmon fillets (drained of marinade). Cook for 4 minutes, or until golden. Turn salmon, baste with extra marinade, and cook for a further 1–2 minutes (or until salmon is opaque).

Oven baked: preheat oven to 180°C (fan-forced). Bake marinated salmon for 12 minutes, basting with extra marinade half-way through.

BBQ: preheat BBQ on medium. Drain salmon from marinade and add to grill. Cook for 2–3 minutes each side. Set aside to rest for 5 minutes.



Apple Cider Ham Glaze

Suitable for 8kg whole leg of ham.

360g (1 cup) Capilano Floral Manuka Honey
250ml (1 cup) dry apple cider
½ cup apple cider vinegar
2 tsp wholegrain mustard
3 bay leaves
6 cloves

Combine all glaze ingredients in a medium saucepan and heat gently until combined. Bring to a boil for 10–15 minutes until glaze has reduced in volume and become syrupy. Strain to remove herbs and transfer to an airtight container or jar. Allow to cool on benchtop before chilling.



Sticky Ham Ginger Glaze

360g (1 cup) Capilano Yellow Box Honey
125ml (½ cup) ginger ale
1 tbsp ginger marmalade
1 small birds eye chilli, sliced (optional)
1 clove garlic, thinly sliced
½ tsp black pepper

Combine all glaze ingredients in a medium saucepan and heat gently until combined. Bring to a boil for 5–10 minutes until glaze has reduced in volume and become syrupy. Strain and transfer to an airtight container or jar. Allow to cool on benchtop before chilling.

Spiced Honey & Orange Ham

Suitable for 8kg whole leg of ham.

360g (1 cup) Capilano Pure Honey
250ml (1 cup) fresh orange juice
2cm-piece fresh ginger, peeled, cut into matchsticks or thinly sliced
1 cinnamon stick
4 whole cloves

Combine the honey, orange juice, ginger, cinnamon and cloves in a small saucepan. Bring to the boil over medium heat. Cook for 15 minutes or until mixture thickens and reduces to 375ml (1½ cups). Strain to remove herbs and either set aside or transfer to an airtight container or jar. Allow to cool on benchtop before chilling.



Aunty Pru's Honey Mustard Glazed Ham

The hero of the table on Christmas Day. Perfected a generation ago and loved even more now. Why not create this iconic recipe for your family this Christmas!

serves 8 | prep 10 mins | cooking 90 mins

540g (1½ cups) Capilano Pure Honey
200g (1 cup) brown sugar
2 tbsp Dijon mustard
Whole cloves, to stud ham

1 Combine all glaze ingredients in a small saucepan and heat gently until sugar has dissolved. Set aside.

2 Adjust oven to remove all shelves except one, placing in lowest position of oven. Preheat oven to 180°C (fan-forced). Line a large roasting tray with 2 layers of baking paper.

3 To prepare ham, remove rind by cutting a semi-circle around the hock, then run knife under the skin to lift, running your fingers between the rind and fat to remove, then trim excess fat. Wrap the ham hock in baking paper then aluminium foil.

4 Use a sharp knife to score fat in a diamond pattern, about 5mm deep, then stud the middle of each diamond with a clove. Transfer to prepared tray and brush with honey mustard glaze, using approximately ⅓ of the mixture. Bake for 90 minutes, brushing with glaze every 25 minutes until golden and caramelised.



Hot Honey Chicken Wings

Finger-licking chicken wings, elevated with Hot Chilli Honey marinade! Whether you pop them in the oven or air-fryer, these crowd-pleasers deliver a sweet and spicy hit perfect for adding to the table on Christmas Day.

serves 6 | prep 10 mins | cooking 30 mins

1.2 kg chicken wings and drumettes
68g (4 tbsp) Capilano Hot Chilli Honey
3 tbsp soy sauce
1 tsp vegetable oil
1 tsp minced garlic
1 tsp onion powder (optional)
Shallots, finely chopped, to serve
Lime wedges, to serve

1 If cooking in the oven, preheat to 180°C and line oven tray with baking paper.

2 Combine all ingredients except chicken in a large bowl and mix to combine.

3 Pat dry chicken wings with paper towel and transfer to mixing bowl with marinade. Mix well until combined. Tip – For a richer flavour, cover and chill for at least 6 hours or overnight.

4 Remove wings from marinade (reserve marinade, do not throw out) and transfer to air fryer or tray/ basket with the larger skin side facing up.

5 Cook in the air fryer for 15 minutes before turning over and basting with additional marinade. If cooking in the oven, remove after 20 minutes and baste. Cook for an additional 10–15 minutes until fully cooked through.

6 Once cooked, transfer to a serving platter and drizzle with additional Capilano Hot Chilli Honey, chives and a squeeze of lime juice to serve.

To store: keep in an airtight container in the refrigerator for up to 2 days.

Add a drizzle of **sticky heat** to your festive feast!



Christmas Honey-Glazed Carrots

Honey-glazed carrots deserve to be part of the main event in your festive feast. Dripping with sweet honey, a vibrant plate of carrots will disappear from the table in a flash!

serves 6 | prep 12 mins | cooking 1 mins

500g Dutch carrots, peeled and trimmed
40g butter
1 clove garlic, crushed
90g (¼ cup) Capilano Pure Honey
1 orange, zest only
1 tbsp fresh thyme
Extra thyme leaves, for garnish.

1 Fill a medium pot with water and bring to a boil. Add carrots and cook for 10–12 mins until tender. Drain and set aside.

2 Return the pot to the stovetop on low-medium heat. Add butter, stirring until melted.

3 Add garlic and cook for 1 minute. Add honey, stirring until the mixture reduces and thickens.

4 Add orange zest, thyme, and cooked carrots. Cook for 2 minutes, stirring gently to coat carrots thoroughly.

5 Serve with a sprinkle of thyme leaves.

Creamy Honey Mashed Potatoes

Creamy, salty, and just a little bit sweet. A drizzle of honey, thickened cream and chives work together to create the ultimate mash. Perfect alongside a slice or two of Auntie Pru's Capilano Honey Mustard Glazed Ham!

serves 6 | prep 10 mins | cooking 25 mins

1kg potatoes, peeled and cut into quarters
1 bay leaf
2 tsp salt
125g unsalted butter
½ cup (125ml) thickened cream
45g (1½ tbsp) Capilano Pure Honey
Salt, to season
Extra butter, to serve
Fresh chives, chopped, for garnish

1 Place potatoes in a large pot of cold water. Season well with salt and bring to a boil. Reduce to a high simmer and cook until tender. Drain in a colander and place on top of pot. Cover with a clean tea towel and set aside.

2 In a medium saucepan, add butter, cream, and honey, stirring until melted and combined. Remove from heat and set aside.

3 Return potatoes to pot and mash until smooth. Add cream and honey mixture to potatoes, stirring until combined and creamy.

4 Season with extra salt to taste. Pile mash on a serving plate and top with butter, chopped chives and a drizzle of honey. Serve immediately.

All you need to do now is add **Christmas Crackers!**





Festive Sweets

Bake, layer, and decorate together as you create these impressive desserts. From individual pavlovas to a caramel honey tiramisu – each spoonful is a delight for the whole family.

The only thing better than sharing a pavlova with your family is having one all to yourself!

Honey Curd Pavlovas with Pistachio & Blueberries

Individual pavlovas mean each bite has a delectable mix of textures. From the crumbly crust and a gooey honey-curd-filled centre, to an uplifting topping of blueberries and toasted pistachios. You might even be tempted to grab a second one, if there are any left!

serves 20 | prep 80 mins | cooking 20 mins

INDIVIDUAL PAVLOVAS

4 egg whites
220g (1 cup) caster sugar
1 tsp white vinegar
1 tsp vanilla essence
300ml (1¼ cups) thickened cream, whipped
Chopped toasted pistachios & fresh blueberries, to serve

HONEY CURD

4 egg yolks
180g (½ cup) Capilano Pure Honey
2 tbsp lemon juice
150g cold butter, cubed

1 Preheat oven to 150°C (fan-forced). Line a large tray with baking paper.

2 Using a stand mixer (or electric beaters), whisk egg whites in a bowl on high until stiff peaks form.

3 Add sugar 1 tablespoon at a time at 30 second intervals. Continue whisking for 5–6 minutes until glossy and stiff.

4 Add vinegar and vanilla essence and whisk for 2 minutes until glossy and combined.

5 Spoon 6 large rounds of meringue onto a prepared tray, leaving 5cm of space between each. Use a spoon to indent the middle of each meringue round.

6 Reduce oven to 120°C (fan-forced). Bake for 30 minutes, or until crisp to the touch.

7 Turn oven off and leave meringues to cool in oven for 1 hour with door closed

8 While meringues are baking, make honey curd. Fill a medium saucepan ¼ full of water. Place on stovetop and bring to a simmer.

9 In a heatproof bowl, whisk egg yolks, honey, and lemon juice. Place bowl on top of simmering water and cook for 1–2 minutes, stirring constantly.

10 Add butter to bowl, 2 cubes at a time. Allow butter to melt and combine into mixture each time. Continue to stir for 2–3 minutes until curd thickens. Pour into a bowl and allow to cool.

To serve: top each meringue with whipped cream, cold honey curd, pistachios, and fresh blueberries.



Try it with
Manuka Honey
for a stronger
honey flavour.



Honey Tiramisu

When you think of creamy, decadent and festive desserts – tiramisu is at the top of the list! We've swapped the added sugar for Pure Honey in this rendition, bringing a rich caramel note to every mouthful.

serves 8 | prep 30 mins

1½ cups (375ml) thickened cream
500g mascarpone cheese
90g (¼ cup) Capilano Pure Honey
1 tsp instant coffee
1 tsp water (to dissolve instant coffee)
1 cup (250ml) strong black coffee
1 tsp vanilla extract
600g Savoiardi biscuits (sponge fingers)
400g honeycomb, chopped
Cocoa powder, to dust

1 In a mixing bowl, whip cream until stiff peaks form. Set aside.

2 In a separate mixing bowl, add mascarpone, honey, and instant coffee (dissolved in 1 tsp water). Whip until well combined. Fold whipped cream into the mascarpone mixture. Set aside.

3 In a shallow bowl, add black coffee and vanilla extract. Stir until combined.

4 Dip biscuits into coffee and vanilla mixture, and line the bottom of a rectangular ceramic baking dish with dipped biscuits.

5 Top with ½ of the mascarpone mixture and ½ of the chopped honeycomb. Repeat for two layers. Top with a layer of the mascarpone mixture.

6 Cover with cling wrap and place in refrigerator for 4–5 hours (or overnight).

7 Decorate with a thick dusting of cocoa powder and serve.

To store: cover with cling wrap in the refrigerator for up to 2 days. Not suitable for freezing.

Honey Passionfruit Cupcakes

Vibrant fruity cupcakes are a beautiful way to celebrate festivities on a warm summer day. Tangy passionfruit brings brightness to a light and fluffy cupcake base in this recipe – bringing joy to every bite!

serves 12 | prep 35 mins | cook 25 mins

250ml (1 cup) light olive oil
180g (½ cup) Capilano Yellow Box Honey
2 tsp vanilla extract
Zest of 1 orange
Juice of ½ orange
230g (1 cup) unsweetened Greek yogurt
160ml (⅔ cup) passionfruit pulp
300g (2 cups) plain flour
1 tsp baking powder
½ tsp bicarb soda
500g mascarpone (or more yoghurt)

ICING

360g (1 cup) Capilano Yellow Box Honey
Juice of 1 orange
160ml (⅔ cup) passionfruit pulp

1 Preheat the oven to 180°C (fan-forced). Line cupcake tins with 12 cupcake liners.

2 In a mixing bowl, combine olive oil, honey, vanilla, orange zest, juice of ½ orange, yoghurt, and passionfruit pulp.

3 Sift in flour, baking powder, and bicarb soda. Mix until just combined.

4 Place ⅓ cup of batter into each cupcake liner.

5 Bake for 25–30 mins, or until an inserted skewer comes out clean. Remove and place on a cooling rack.

6 While cupcakes are baking, make syrup (syrup can be made a day ahead). In a saucepan, combine honey, orange juice, and passionfruit pulp. Bring to a simmer, stirring constantly. Simmer for 2 minutes then remove from heat.

7 While cupcakes are still warm, spoon 1–2 tsp syrup over each. Once cooled, top with mascarpone and extra syrup, then serve.

To store: place assembled cupcakes in airtight container in refrigerator for up to 2 days.

Swap out
passionfruit for
**mango or
cherries** for a
seasonal twist.



Raspberry, Honey and White Chocolate Cheesecake

You can't go wrong with a cheesecake at Christmas! This creamy, dreamy raspberry, honey and white chocolate cheesecake is a prep-ahead entertaining winner.

serves 8-10 | prep 40 mins | cook 15 mins

CHEESECAKE

150g sugar-free digestive biscuits
60g butter, melted
17g (1 tbsp) Capilano Yellow Box Honey, plus 80g (½ cup), to drizzle
2 tbsp (40ml) cold water
2½ tsp gelatine powder
500g cream cheese, at room temperature, chopped
1 tsp vanilla bean paste
300ml thickened cream, plus extra, whipped, to serve
85g (¾ cup) frozen raspberries, thawed, pureed, plus extra, to serve

HONEY MACADAMIAS

34g (2 tbsp) Capilano Yellow Box Honey
2 tsp butter
80g (½ cup) macadamias
1 tsp chia seeds

WHITE CHOCOLATE 'HONEYCOMB'

100g white chocolate melts, melted (optional)

1 Grease the base and side of a 20cm springform pan and line base and side with baking paper.

2 Break up the biscuits into a food processor and process until resembles fine crumbs. Add butter and honey. Process until combined. Transfer mixture to prepared pan and use the back of a spoon to press into the base. Place in the fridge for 20 minutes or until firm.

3 Place cold water in a small microwave safe bowl and sprinkle with gelatine. Set aside for 2-3 minutes to soften. Microwave on High for 20 seconds or until hot. Use a fork to whisk until gelatine dissolves. Set aside to cool slightly (do not allow to set).

4 Use electric beaters to beat the cream cheese, vanilla and extra 80ml (⅓ cup) honey in a bowl until smooth. Add the cream and gelatine mixture. Beat until just combined. Spoon half the cream cheese mixture over the biscuit base. Drizzle over half the raspberry puree and use a skewer to create a swirl effect. Repeat with remaining cream cheese mixture and raspberry puree. Cover and place in the fridge for at least 6 hours or overnight until firm.

5 To make the honey macadamias, preheat oven to 170°C/150°C fan forced. Line a baking tray with baking paper. Combine the honey and butter in a small saucepan over low heat. Cook, stirring occasionally, until melted. Set aside to cool and thicken slightly. Add the nuts and stir to coat. Transfer to prepared tray and spread out in a single layer. Bake, stirring halfway through cooking, for 12 minutes or until golden brown. Immediately sprinkle with chia seeds. Set aside to cool and set.

6 To make the white chocolate 'honeycomb', place a 20cm-square piece of clean, unpopped bubble wrap, bubble-side up, on a clean work surface. Spread with the melted chocolate to cover a square of about 12cm. Place in the fridge for 15 minutes or until set. Carefully peel the bubble wrap away from the chocolate and break 'honeycomb' into shards.

7 Transfer cheesecake to a serving platter. Top with extra cream and raspberries, honey macadamias and white chocolate 'honeycomb'. Drizzle over extra honey, break 'honeycomb' into shards.

To store: cheesecake can be prepared up to 3 days ahead and stored in an airtight container in the fridge.

Made with
easy to find
ingredients!



Conversion GUIDE

SUGAR TO HONEY

 **1 CUP**
(220g) →  **1/2 CUP**
(180g)

 **3/4 CUP**
(165g) →  **1/3 CUP**
(120g)

 **1/3 CUP**
(73g) →  **2 TBSP**
(60g)

 **1/4 CUP**
(55g) →  **1 1/2 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 CHRISTMAS BAKING!

**Wishing you a
Merry Christmas
& Happy New Year.**

**FROM ALL OF US HERE
AT CAPILANO HONEY.**

We hope this time is full of
joy, family and of course lots
of yummy food.



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