



Recipes to boost your daily health routine

with
**CAPILANO ACTIVE
MANUKA HONEY**

Australia's own
sweet superfood





An Introduction to **AUSSIE MANUKA HONEY**

Manuka honey – one of nature's sweetest superfoods. More and more people are discovering its wonderful active properties that make this honey quite literally, liquid gold.

Manuka honey comes from the *Leptospermum* species that is native to Australia and New Zealand. In Australia, we're lucky enough to have over 85 different species of *Leptospermum* for our bees to forage and produce a Manuka honey that is not only sweet and smoother in taste, but is also some of the most active Manuka in the world.

Widely used as a natural remedy to soothe sore throats, Manuka honey is a pantry, or office-drawer essential. Not only is it pleasing by the spoonful, its unique, rich flavour really shines when drizzled on roast vegetables, or tossed through a supercharged salad. Substitute Manuka honey into your indulgent sweet treats, or simply add it to a smoothie for an on-the-go kickstart to your morning. Over the following pages, you will find so many new ways to boost your daily health routine by adding a teaspoon of Capilano Active Manuka honey to some beautiful (and easy) recipes.

We hope you enjoy this informative, but also delicious little book of Manuka Honey!



About Capilano Active Manuka honey

Capilano's 100% Australian Active Manuka honey is one of nature's premium superfoods, known for its deliciously rich flavour and unique bioactive properties.

Australia produces some of the most potent, best tasting manuka honey in the world due to our warmer climate and number of Leptospermum varieties.

Hand collected by local beekeepers in our pristine natural environment, Capilano Manuka is naturally rich in Methylglyoxal (MGO), the key component attributed to the unique activity of Manuka honey.

Each batch is independently tested to guarantee its MGO levels - the higher the MGO number, the more potent the honey's activity.



*Discover our range,
available in supermarkets
across Australia.*



**Manuka
MGO 30+ Squeezable**
Naturally bioactive Australian
Manuka honey, for health
and wellbeing.



**Manuka
MGO 100+ Squeezable**
Easy, squeezable medium strength
bioactive Australian Manuka
honey, for health and wellbeing.



**Manuka
MGO 300+ Squeezable**
Easy, squeezable high strength
bioactive Australian Manuka
honey, for health and wellbeing.

DISCOVER AUSTRALIAN MANUKA HONEY

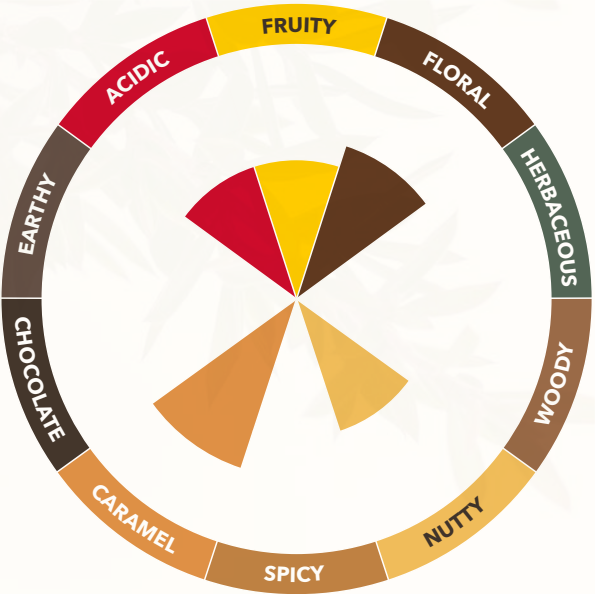
What does Manuka Honey taste like?

We suppose you could say our Manuka is the Manuka for foodies – mild, pleasant, versatile and naturally bioactive!

Taste profile: Our 100% pure Aussie Manuka honey has a bold, rich and complex flavour with a hint of barley sugar and herbs with a pleasant lingering aftertaste.

Capilano Active Manuka Honey has a deliciously sweet, smooth flavour. With no trace of that overpowering ‘medicine’ flavour, common in some Manuka honeys, it makes ours easier to use in your everyday recipes. It's less processed liquid texture, rather than the creamed texture common in many other Manuka honeys, makes it even easier to use in a wide variety of ways.

The different levels of activity, indicated by the MGO rating on the front of our packs, also vary in taste ever so slightly. The lower the rating, the milder the taste. The higher the number, the stronger the taste.



The Strength of Manuka Honey Explained

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warmer climate and number of Leptospermum varieties. Research has found our Australian Manuka can have more consistently higher levels of activity than most Manuka produced in New Zealand¹!

MGO Rating	NPA Equivalent
MGO 30+	2.7+
MGO 100+	6+
MGO 300+	11+
MGO 550+	16+

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

Active Manuka Honey is sold with varying levels of activity. The activity level, or strength, of Manuka Honey is commonly rated using several different measures: MGO (Methylglyoxal), UMF® (Unique Manuka Factor®) or NPA (Non-Peroxide Activity).

While these may sound complex, they each are just a measure used to communicate the potency of the antibacterial activity in Manuka honey. The higher the rating, the more potent the honey's activity. MGO is the centerpiece of the Australian Manuka Honey Association's (AMHA) honey rating system and the one we here at Capilano have adopted.



Floral sources of Manuka Honey

Manuka honey is sourced from bees that have foraged the *Leptospermum* species of flowering plants, native to Australia and New Zealand. With over 85 species in Australia alone, there's a very wide variety of *Leptospermum* that our bees are lucky to enjoy!

All Capilano Active Manuka honey is proudly 100% Australian, sourced from beekeepers around Australia. Each batch is independently tested to guarantee it's activity levels.



Flowering from late spring to early summer, the *Leptospermum* flowers vary in colour depending on the species and location. These can range from white, pink or deep red colours, and different sources produce different tasting Manuka with varying levels of naturally occurring activity.

Sources of Manuka Honey in Australia

In New Zealand, Manuka honey is almost exclusively produced from a single species of *Leptospermum* known as *Leptospermum scoparium*. Whilst this species is also present in Australia, there are some 85 different species identified here resulting in a much greater diversity. The key species that we have found to produce honey include:

Leptospermum Species	Identified	Picture
1. <i>L. polygallifolium</i> (active)		
2. <i>L. liversidgei</i> (active)		
3. <i>L. laevigatum</i> (considered inactive)		
4. <i>L. whitei</i> (active)		

Sources of Manuka Honey in Australia

Leptospermum Species	Identified	Picture
5. <i>L. speciosum</i> (active)		
6. <i>L. trivernium</i> (considered inactive)		
7. <i>L. continentale</i> (considered inactive)		
8. <i>L. brevipes</i> (considered inactive)		
9. <i>L. scoparium</i> (active)		

Sources of Manuka Honey in Australia

Leptospermum Species	Identified	Picture
<i>L. myrsinoides</i> (considered inactive)		
11. <i>L. coriaceum</i> (considered inactive)		
<i>L. obovatum</i> (considered inactive)		
<i>L. semibaccatum</i> (active)		
<i>L. subtenue</i> (active)		



For a soothing lemon tea



Drizzled on pancakes



As a breakfast essential



For a DIY face mask



Easy Inspiration

Before we dive into the many wonderful ways you can cook, bake and create with Capilano Active Manuka Honey, we have a few super simple ways to incorporate it into your everyday recipes to boost your daily health routine - no recipe needed!



On toast



Mixed through granola



Swirled through yoghurt



In smoothies



Breakfast

What is a sweet breakfast without a drizzle of pure, golden honey direct from our Aussie beekeepers? Why not dial yours up a little and add some Manuka honey next time you're feeling under the weather! There's nothing quite as comforting as a warm creamy hot drink to soothe a sore throat or the peace of mind in knowing your homemade granola is packed with whole-food ingredients to keep you running at and feeling your best all day long!



Loaded Sweet Potatoes

BY MONIQUE CORMACK

INGREDIENTS

3 small/medium sweet potatoes
(1 per serve)
3/4 cup Greek yoghurt
3/4 cup your favourite granola
2/3 cup blueberries
2/3 cup strawberries
3 tsp Capilano Active Manuka Honey

METHOD

Preheat the oven to 180°C.
Wash the sweet potatoes but leave the skin on.
Prick the potatoes a few times with a fork.

Place on a baking tray and roast whole until soft,
which should take between 45-60 minutes
depending on size.

Once the potatoes are cooked, let them cool a little
then cut lengthways down the middle.

Top the potatoes with yoghurt, berries and granola,
and finish with a drizzle of Capilano Active Manuka
Honey. If you're making these in advance, store the
cooked sweet potatoes in an airtight container in the
fridge and add the toppings just before you want to
eat. The sweet potatoes can be used warm or cold.



Single Serve Creamy Honey Crepe

BY STEPH MCDONALD

INGREDIENTS

30g vanilla pea protein powder or
almond meal + 1 tsp extra honey
2 large eggs, whisked
1 tbsp almond milk, or milk of choice
(add more only if needed to thin the batter)
1-2 tsp Capilano Honey Active Manuka
Honey + extra for drizzling
1 tsp vanilla extract
Strawberries, sliced, to serve

METHOD

Heat a non-stick skillet over medium heat and
spray the pan with olive oil or oil of choice.

In a medium mixing bowl, combine all ingredients
and whisk until smooth.

Pour batter the pan and swirl until the batter spreads.
Cook until the underside of crepe is golden brown,
about 1-2 minutes.

Loosen the edges of the crepe with a spatula then
carefully flip. Cook another 1-2 minutes or
until done.

Fill with strawberries & drizzle with Capilano Active
Manuka Honey.

Coconut and Berry Chia Puddings

BY RACHEL HAWKINS

INGREDIENTS

¼ cup chia seeds
1 cup coconut milk
⅓ cup natural yogurt
1 tsp grated ginger
1-2 tbsp Capilano Active Manuka Honey
1 cup frozen mixed berries, thawed
2 tbsp toasted coconut flakes

METHOD

Place the chia, milk, yogurt, ginger and Capilano Active Manuka Honey into a bowl and whisk to combine.

Place the bowl into the fridge for 15 minutes or until the chia seeds absorb the liquid and the mixture thickens. You can do this the night before and leave it in the fridge to set overnight.

Divide the chia seed mixture into two portions. I placed mine into reused jars.

Place the berries into the microwave and heat for 60 seconds or until defrosted.

Spoon the berries on top of the chia seeds and top with a spoonful of toasted coconut flakes.



*Light and fresh
a perfect combination*

Liquid Gold Gold Manuka & Turmeric Latte

BY MAGDALENA ROZE

INGREDIENTS

150g fresh turmeric, sliced
75g fresh ginger, sliced
3 tbsp coconut oil
1 tbsp cracked pepper
½ cup water
Juice of 1 lemon
1 tbsp ground cinnamon
1 tbsp ground fennel
300g Capilano Active Manuka Honey

METHOD

Heat 2 tablespoons of coconut oil in a medium-sized pan, then add turmeric, ginger & pepper. Sauté for approx. 3 minutes until fragrant, being careful not to overheat.

Transfer mixture to a food processor. Add lemon juice, remaining coconut oil, cinnamon & fennel. Process until smooth. Add up to ½ cup of water until your desired consistency is reached.

Allow to cool slightly, then add Capilano Active Manuka Honey, mix well.

Spoon paste into sterilised jars and store in the fridge for up to two weeks.





Miso and Manuka Granola Clusters

BY MAGDALENA ROZE

DRY INGREDIENTS:

1 cup rolled oats
1 cup mixed nuts, chopped
(almonds, pecans, cashews)
1 cup mixed seeds
(hemp, sunflower and pepita)
¼ cup buckwheat
¼ cup desiccated coconut

WET INGREDIENTS:

½ cup coconut oil
½ cup Capilano Active Manuka Honey
⅓ cup white tahini
2 Tbs white miso
2 tsp vanilla extract

METHOD

Preheat oven to 150°C (fan-forced).

Grease and line a baking tray with baking paper.

Combine all dry ingredients in a large bowl, set aside.

In a small saucepan, combine all wet ingredients. Heat on low, whisking until smooth. Transfer to bowl of dry ingredients and mix until well combined.

Transfer granola to baking tray, spreading out thinly.

Bake for 10 minutes, then toss to redistribute.

Bake for an additional 10-15 minutes until golden, being careful not to burn nuts. Be careful not to mix again until it's completely cool to retain the clusters.



Bonus Tips

Cooking and Baking with Honey

With a little know-how, it's easy to use honey in your recipes instead of sugar.

Here's our top tips for baking and cooking! 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 (370g) of honey.

#3 Add bicarb soda

When baking with honey, you'll need bicarb 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

#1 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.

#2 Icings and sauces

Whipped icings such as butter cream 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 butter cream of liquid honey being careful not to over beat. Ganache is also delicious with a little honey added – try adding 1 – 2 tbsp. per 250ml batch. We also love a simple honeyed crème anglaise with fresh fruit or Christmas pudding!

#3 Desserts

Honey is ideal in cream-based desserts such as cheesecake, pannacotta, 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 and cream! Give it a try soon!

TOP TIPS FOR COOKING

Just like wine, cocoa and coffee, the taste and profile of honey depends on which flowers the bees have visited and collected nectar from. Capilano honey is created by bees that forage on the flowers of Eucalypt, Yellow Box, Macadamia, Orange & Manuka trees just to name a few!

This diversity of honey flavours means you can experiment in the kitchen, especially for savoury recipes!

On the following page is a few tasting notes from some of our range & ways to make the most of them in your recipes.



Pure Honey

Crumpets and sandwiches wouldn't be the same without this family favourite! Our signature blend of pure Australian honey, made by healthy Aussie bees is the flavour you have grown up with - smooth, balanced and tastes just like home.



Yellow Box Honey

is team favourite here at Capilano. It has lingering sweet, fragrant and buttery notes that are beautiful drizzled over pancakes, cereal or fruit. Our master honey blender thinks it is a premier honey!



Floral Manuka Honey

is a non-active Manuka with a lovely herbaceous, barley-like honey flavour and is also a stand out for savoury recipes.



Active Manuka Honey

has a bold rich flavour with herbal notes and a pleasant lingering aftertaste. Ideal for tea, coffee, smoothies, toast, porridge and more.



Light & Smooth Honey

is an incredible all-rounder, especially in recipes where you're looking for pure, natural sweetness but not an overpowering honey flavour. It's perfect for little taste buds too.



Dark & Bold Honey

has a rich caramel note to its flavour, making it ideal for roasted veggies, casseroles, glazes and even coffee.

Conversion Chart

 **1 CUP BROWN SUGAR** ➡  **1/2 CUP HONEY**

 **1 CUP CASTER SUGAR** ➡  **1/2 CUP HONEY**

 **1 TBSP MAPLE SYRUP** ➡  **1 TBSP HONEY**

 **1 TBSP GOLDEN SYRUP** ➡  **1 TBSP HONEY**

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!

CREATE IT WITH Capilano HONEY



No Bake

Oh, the reasons to love no bake recipes! It doesn't matter if the weather is too hot to turn the oven on, you're short on time, short on equipment (hello camping!) or in the kitchen with little chefs, no bake is here to save the day.

These better-for-you no bake treats are like a sweet treat trip to the health foods section of the supermarket with every bite and boosted with Active Manuka honey so that it's easy to 'top up' your body's natural defences on the go. We hope they become regulars in your (no) baking routine!

Manuka Honey Snack Bars

BY JODIE FAIRWEATHER

INGREDIENTS

1 cup oats
1/2 cup coconut shredded (toasted)
3/4 cup rice puffs
1/2 cup quinoa puffs
(substitute with more rice puffs).
2 tbsp chia seeds
1/2 teaspoon cinnamon.
1/2 cup trail mix - raisins, cranberries
sunflower & pepita seeds
1 cup chopped nuts (walnuts, almond +
macadamia)
1/2 cup Capilano Active Manuka Honey
1 cup peanut butter
1 tbsp butter
1 tsp vanilla essence
1/2 tsp sea salt

METHOD

Over a low heat add Capilano Active Manuka Honey, peanut butter, butter, vanilla essence & salt to a saucepan and stir until all ingredients are melted and combined.

Add all dry ingredients into a mixing bowl and combine. Pour melted honey mixture into mixing bowl and mix through dry ingredients.

Place mixture into a shallow dish and press down firmly. Allow to set in fridge for 45 minutes. For quicker setting place in freezer.



Honey and Almond Nougat Bar

BY NOA WILLIAMS

INGREDIENTS

¼ cup Capilano Active Manuka Honey
2 tbs maple syrup
½ cup of almond butter
1 scoop of vanilla protein / or
almond meal
⅓ cup rice puffs -optional
100g chocolate

METHOD

Grease and line a loaf tin with baking paper.

In a large heat-proof bowl, combine Capilano Active Manuka Honey, maple syrup and almond butter. Microwave for 30 seconds until melted, mix well to combine. Add vanilla extract, protein powder and mix well.

Press mixture into lined loaf tin, scatter and press rice puffs into the top with a spatula.

Freeze mixture for 1 hour. Melt chocolate in another small microwave safe bowl in 30 second intervals until smooth, mixing in between.

Slice chilled bars into 12 pieces and coat with melted chocolate, using a fork to dip. Place onto wire rack sitting on top of a baking tray to drain excess chocolate. Chill for 30 minutes until firm.

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

chewy, fudgy delights



Cookie Butter Caramels

BY NOA WILLIAMS

INGREDIENTS

100g Biscoff spread
100ml coconut cream
2 tbsp Capilano Active Manuka Honey
200g white or milk cooking chocolate

METHOD

Line 12-cup cupcake baking tray with cases, set aside.

Combine Biscoff spread, coconut cream and Capilano Active Manuka Honey in a bowl and mix well until smooth. Place bowl in freezer for 30-60 minutes until firm.

In a microwave safe bowl, melt white chocolate on medium power for 1-2 minutes, stirring every 30 seconds until smooth. Be careful to not overheat as chocolate will seize.

Place 1-2 tbsp of melted chocolate into the bases of the cupcake cases and tilt the tin slightly to allow it to come up the sides. Add a teaspoon of the filling, and then cover with remaining chocolate.

Freeze for an additional 60 minutes until firm. Caramels will keep for up to 5 days chilled in an airtight container or a month in the freezer.



No Bake Wholesome Peanut Rice Puff Bars

BY MAGDALENA ROZE

INGREDIENTS

½ cup peanut butter
½ cup coconut oil
1 tsp vanilla extract
⅓ cup Capilano Active Manuka Honey
2 cups rice puffs

METHOD

Line a square baking dish with baking paper.

Place peanut butter, coconut oil & vanilla in a small saucepan and melt on low heat until well incorporated. Mix in Capilano Active Manuka Honey until combined.

Add rice puffs and stir gently to lightly coat with mixture. Using a spatula, transfer mixture to baking tray and smooth. Freeze tray for 2-3 hours until firm, then cut into bars using a clear sharp knife.

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





4 Ingredient Chewy Choc-Chip Granola Bars

STEPH MCDONALD

INGREDIENTS

140g traditional oats
120g smooth peanut or almond butter
70g Capilano Active Manuka Honey
50g choc chips and/or crushed nuts

OPTIONAL: pinch of salt

METHOD

Grease and line a 20cm x 20cm brownie tin with baking paper. In a large bowl, mix all ingredients together until combined.

Using a spatula, press mixture into tin and freeze for 60 minutes until firm. Cut into bars using a sharp knife.

Store bars in an airtight container in the fridge for up to 5 days or freezer for a month.

Anzac Slice

BY STEPH MCDONALD

INGREDIENTS

BASE:

120g Capilano Active Manuka Honey
50g desiccated coconut
50g almond meal or vanilla pea protein
20g milk of choice

FILLING:

100g Capilano Active Manuka Honey
200g peanut or almond butter
15g almond meal or pea protein
20g milk of choice

TOPPING:

150g dark or milk chocolate, melted

METHOD

Grease and line a brownie tin with baking paper. In a large bowl, mix all the ingredients for your base together until combined. Using a spatula, firmly press the mixture down. Set aside.

Combine all the ingredients for the filling together and mix until combined. Pour on top of the base you set aside and place in the freezer to set for 30-60 minutes, or until firm.

In a microwave safe bowl, melt your chocolate of choice in 30 second intervals until smooth, mixing in between. Be careful to not overheat.

Pour melted chocolate over the top of your slice and place back in freezer for another 30-60 minutes, or until set.



Hidden Veggies Baking

Honey hides veggies like no other in baked treats! The warm, complex & sweet notes of Capilano Active Manuka honey balance out the earthiness of vitamin & antioxidant rich ingredients such as carrot, zucchini and sweet potato.

Best of all, these recipes are SIMPLE!

They are created to be nutrient dense, fibre rich, full of protein and brimming with our Manuka's antibacterial properties with just a few ingredients and steps. We hope you enjoy discovering new flavours & textures to much-loved classics such as muffins, breads and crumbles.

Carrot Cake Cupcakes

BY CAITLIN RULE

INGREDIENTS

CAKE:

4 ½ cups/ 450g carrots, grated
3 cups/ 300g almond meal
⅓ cup chopped pecans or walnuts
¼ cup Capilano Active Manuka Honey
¼ cup tahini
2 tsp ground cinnamon
½ tsp nutmeg
2 tsp vanilla extract
3 eggs
2 tsp baking powder

ICING:

½ cup plain Greek or coconut yoghurt
4 tbsp coconut butter, melted
2 tsp Capilano Active Manuka Honey

METHOD

Preheat oven to 160°C (fan-forced). Combine all cake ingredients together in a large bowl and mix well until combined.

Spoon mixture into 12 muffin liners and bake for 25-30 minutes or until a toothpick inserted comes out clean.

In a small bowl gently combine the frosting ingredients then spread on top of each cupcake.

Cupcakes will keep chilled for 3-4 days in an airtight container.



Zucchini Scones

BY CAITLIN RULE

INGREDIENTS

2 cups oat flour
2 tsp baking powder
½ tsp pink salt
1 packed cup (150g) grated zucchini
2 tbsp coconut oil, melted
½ cup plain greek yoghurt
3 tbsp Capilano Active Manuka Honey
1 tsp vanilla extract

METHOD

Preheat oven to 180°C and line a tray with baking paper. In a medium bowl, mix together flour, baking powder, and salt.

Squeeze excess moisture out of the zucchini, then combine with oil, yoghurt, Capilano Active Manuka Honey and vanilla, then add to flour. Stir until just incorporated - the dough will be slightly sticky.

Form the sticky dough into a flat circle on the baking sheet and cut into 8 triangles with a sharp knife. Bake for 20-22 minutes, or until the tops are lightly golden and slightly hollow when tapped.



Chocolate Chip Sweet Potato Bread

BY CAITLIN RULE

INGREDIENTS

1 cup/ 250g mashed sweet potato, cooled
2 eggs, lightly whisked
¼ cup Capilano Active Manuka Honey
2 tsp vanilla extract
3 tbsp coconut oil, melted
2 ½ cups/ 250g oat flour
2 tsp baking powder
1 tsp cinnamon
¼ tsp sea salt
⅓ cup dark chocolate chips

METHOD

Preheat oven to 180°C. Grease and line a loaf tin with baking paper.

In a large bowl, combine sweet potato, eggs, Capilano Active Manuka Honey, vanilla extract and coconut oil until smooth and creamy.

Add oat flour, baking powder and cinnamon and combine until smooth.

Fold in chocolate chips, then pour mixture into loaf tin. Bake for 55 minutes or until an inserted skewer comes out clean. Allow to cool slightly before slicing with a serrated knife. Bread will keep in an airtight container for up to 3 days.



Blueberry Sweet Potato Cookies

BY CAITLIN RULE

INGREDIENTS

1 ½ cups finely grated sweet potato, raw
½ cup fresh or frozen & thawed blueberries
1 ½ cups rolled oats
1 cup oat flour
1 tsp cinnamon
¼ tsp sea salt
1 egg
¼ cup tahini or nut butter
¼ cup Capilano Active Manuka Honey
½ tsp bicarbonate of soda

METHOD

Preheat oven to 180°C (fan-forced).

Grease and line a baking tray with baking paper.

In a large bowl, whisk together oat flour, rolled oats, bicarb soda, cinnamon and salt.

Add sweet potato, tahini, Capilano Active Manuka Honey and egg, mixing well to combine. Gently fold in blueberries.

Spoon mixture onto tray to form 12- 14 cookies.

Bake for 20 - 22 minutes until light golden brown. Cookies will keep in an airtight container for up to 5 days.

*Breakfast on
the run*



Naturally Fruity

We couldn't create this recipe book without a few gorgeous fruity recipes for your daily routine! Why not plan a baking session soon and load up your freezer with better-for-you muffins, donuts, and banana bread! You will always have a healthy treat on hand to boost your energy levels, or really support your body when you start to feel a little tired, stressed and run down.

Apple, Cinnamon and Manuka Honey Muffins

BY CLEAN KWEENS

INGREDIENTS

1 red apple, peeled & diced into 1cm cubes
1 cup wholemeal flour
½ cup almond meal
2 tsp ground cinnamon
2 tsp baking powder
⅓ cup olive oil
¼ cup Capilano Active Manuka Honey
⅓ cup almond milk.

METHOD

Preheat the oven to 180°C (fan-forced).

Grease and line a 12-cup muffin tray with 6 liners.

Cover diced apple with boiling water and microwave for 3 minutes until tender, then drain.

Combine all dry ingredients in a large bowl. In a separate jug, mix milk, olive oil and Capilano Active Manuka Honey. Add wet mixture to dry, folding to combine, then fold in apple pieces. Transfer mixture to muffin cases and bake for 15-20 minutes until an inserted skewer comes out clean.





Strawberry and Honey Crumble

BY CLEAN KWEENS

INGREDIENTS

2 x 250g punnets fresh strawberries, sliced
1 ½ cups rolled oats
1 tsp vanilla extract
1 tsp ground cinnamon
½ cup shredded coconut
¼ cup coconut oil, melted
⅓ cup Capilano Active Manuka Honey
Pinch of salt

METHOD

Preheat oven to 180°C (fan-forced).

Grease and line a loaf tin with baking paper.

Combine all ingredients except strawberries in a bowl, mix until well combined.

Place strawberries in loaf tin, top with crumble mixture and bake for 25 minutes or until golden.

Serve with yoghurt, ice cream and an extra drizzle of Capilano Active Manuka Honey to serve!

Celebrate strawberry season





Baked Honey & Cinnamon Donuts

BY STEPH MCDONALD

INGREDIENTS

100g pumpkin, boiled and puréed
50g pea protein powder or almond meal
50g oat flour or flour of choice
20g Capilano Active Manuka Honey
70ml liquid egg whites or 1 egg, whisked
20-40ml milk
1 tsp baking powder
2-4 tsp ground cinnamon

METHOD

Preheat oven to 180°C (fan-forced). Grease a donut baking tin or line a 12-cup muffin tray.

In a large bowl, combine all dry ingredients, set aside. Mix pumpkin puree, eggs, milk together, then add to dry ingredients, mixing well.

Pour mixture into prepared tin and bake for 20-25 minutes or until an inserted skewer comes out clean. Allow to cool slightly before drizzling with extra Capilano Active Manuka Honey and dusting with extra cinnamon.

Fluffy Golden Banana Bread

BY NOA WILLIAMS

INGREDIENTS

3 (300g) medium bananas, mashed
½ cup caster sugar
3 tbs Capilano Active Manuka Honey
3 tbsp coconut oil
2-4 tbsp coconut milk
1 ½ cups self-raising flour
1 tsp vanilla extract
½ tbsp apple cider vinegar-optional
100g dark or milk chocolate, roughly chopped

METHOD

Preheat oven to 170°C. Grease and line a loaf tin with baking paper.

In a large bowl combine mashed bananas, sugar, Capilano Active Manuka Honey, oil, vanilla extract, 2 tbs milk and stir.

Once combined, add in apple cider vinegar and whisk again. Allow to sit for a few minutes and then sift in flour and a pinch of salt and chocolate. Fold mixture with a spatula until combined.

Pour batter into lined tin, bake for 45 -1hr or until an inserted skewer comes out clean. For best results, allow bread to completely cool on the bench before slicing.

Slice with a serrated knife into 1cm thick pieces. Bread will keep in an airtight container for up to 3 days.



Nourishing Meals

The superfood ingredients of the savoury world – salmon, nuts, spinach, brightly coloured vegetables get all the attention when we're looking to support our health.

But...did you know that a little bit of natural sweetness from Manuka honey will gently balance, smooth out and elevate the flavours of your recipe? We believe that the sweet-salty flavour combination is one of the greatest of all time, and savoury superfoods deserve to be matched with the best – naturally active Capilano Manuka honey!

From gorgeous whole food dinners to meal prep lunchbox warriors, a new take on roasted veggies and a whole-foods dip for entertaining, get ready to bring your honey into a whole new light, your body will thank you!

Teriyaki Salmon Poke Bowl

BY JOEL FEREN

INGREDIENTS

TERIYAKI SAUCE:

Marinade / Sauce
1 tbsp Capilano Active Manuka Honey
1/3 cup light soy sauce
1/4 cup mirin
1/4 cup cooking sake
1 tbsp brown sugar

POKE BOWL:

1 tbsp extra virgin olive oil
1 salmon fillet
1/2 cup wild rice
1/3 cup edamame beans
1 carrot, peeled, grated
3 cauliflower florets, steamed
1/4 avocado, roughly chopped
1/2 cup red cabbage, shredded
1/2 Lebanese cucumber, diced

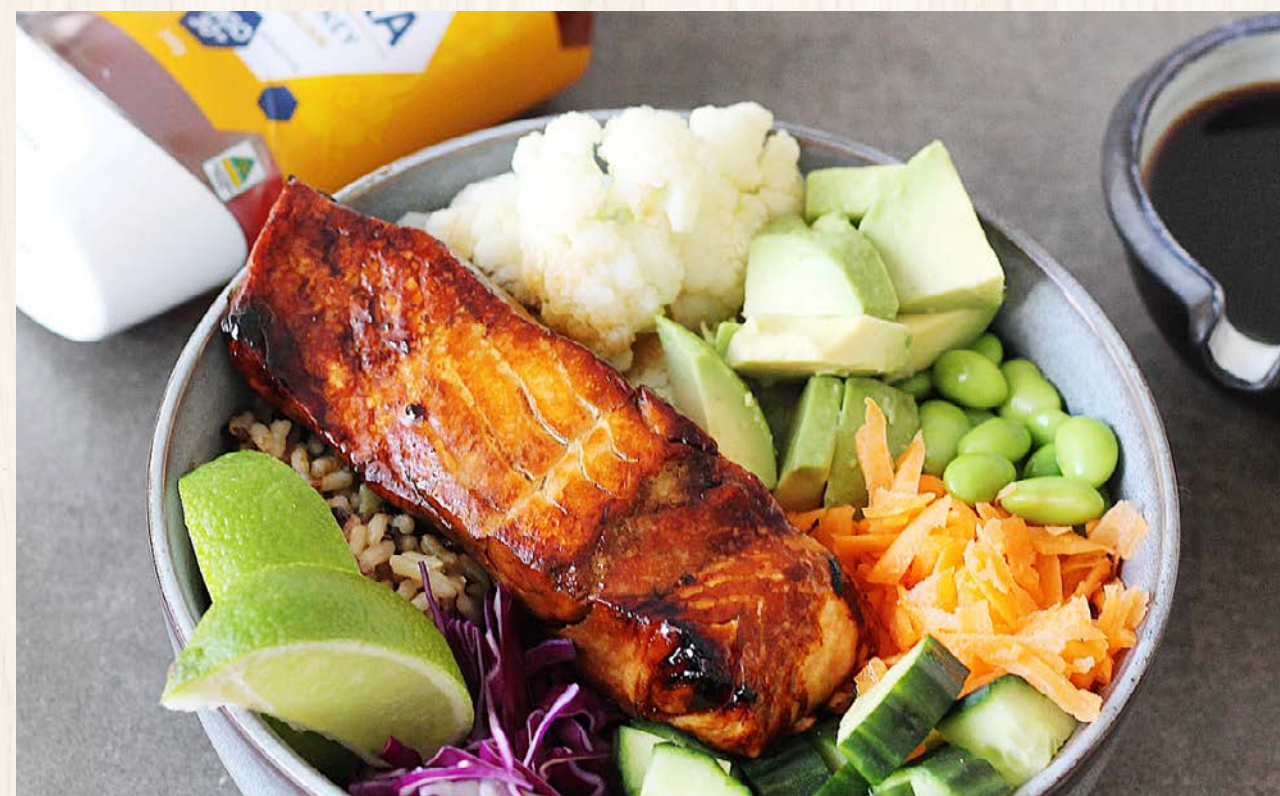
METHOD

Combine all sauce ingredients in a saucepan and bring the mixture to a boil, stirring continuously until the sugar is dissolved. Lower heat to simmer and cook for a further 15 minutes or until the sauce thickens. Remove from heat and set aside to cool.

Coat salmon in 2 tablespoons of teriyaki sauce and place in an airtight container to marinate in the fridge for 30 minutes or overnight.

Heat oil in a medium frying pan and cook salmon for 3-4 minutes on each side. In a serving dish arrange poke bowl ingredients as shown.

Place salmon fillet on poke bowl and serve immediately. Top with teriyaki sauce on top if desired.





Quinoa, Kale, Haloumi Bowl with Raspberry Vinaigrette

BY MONIQUE CORMACK

INGREDIENTS

1/2 cup quinoa (measured raw)
5-6 large kale leaves
1 Lebanese cucumber, diced
100g canned chickpeas,
drained and rinsed
100g halloumi cheese, sliced
1/2 lemon
2 tsp extra virgin olive oil
Pinch salt

1/3 cup raspberries
(can use thawed frozen berries)
1 tbsp Capilano Active Manuka Honey
3 tbsp white wine vinegar
5 tbsp extra virgin olive oil
Small pinch of salt

METHOD

Cook quinoa according to packet instructions, drain and set aside to cool. Place kale leaves (stem removed) in a bowl with lemon juice, olive oil and salt. Massage together until kale is softened.

To prepare the dressing, mash raspberries roughly with a fork, then combine with all other dressing ingredients. Whisk vigorously in a bowl or shake together in small jar.

Tip: start with 1 tbsp Capilano Active Manuka Honey and adjust if you think it needs more.

Pan fry halloumi slices until golden, then assemble bowls of quinoa, kale, diced cucumber and chickpeas.

Top with halloumi and spoon over dressing to serve.

Tip: Leftover dressing can be stored in an airtight jar in the fridge for up to 4 weeks.

*Supercharge your
superfood*

Satay Chicken with Coconut Cauliflower Rice

BY CASEY-LEE LYONS

INGREDIENTS

SATAY SAUCE

6 tbsp peanut butter
4 tbsp red curry paste
400ml canned coconut milk
1 tbsp lime juice
1 tsp fish sauce
1 tbsp Capilano Active Manuka Honey
500g chicken breast

COCONUT CAULIFLOWER RICE

¼ head cauliflower
2 tsp coconut oil
3 cardamom pods
½ cup canned coconut milk
2 tbsp water

TO SERVE

Fresh coriander
Lime zest
Lime wedges
Cucumber slices
Crushed peanuts
Short skewers

METHOD

First, place skewers in water to prevent them from burning later.

Cut chicken breast into 2cm strips. In a mixing bowl, coat the chicken strips in 1 tbsp of curry paste and set aside in fridge to marinade for at least 10 mins.

In a small saucepan, heat peanut butter with 3 tbsp of curry paste over low-medium heat. Add coconut milk, lime juice and fish sauce, mixing well to combine. Remove from heat, stir in Capilano Active Manuka Honey and set aside.

Take the cauliflower and grate or use a food processor to pulse to resemble rice.

In a large frying pan, heat coconut oil and add cauliflower, coconut milk, cardamom pods and water. Cook, stirring frequently over low heat or until liquid has absorbed and cauliflower rice is tender. Remove from heat and set aside.

Meanwhile, thread marinated chicken onto skewers. Cook on grill plate or frying pan for 2 minutes each side or until cooked through and caramelised on outside.

To serve, plate cauliflower rice with skewers and brush satay sauce over skewers with extra to serve.

Finish with lime wedges, lime zest on rice, cucumber slices and crushed peanuts.





Honey Garlic & Chilli Roasted Veggies

BY SNEH ROY

INGREDIENTS

250g carrots, peeled & halved lengthways
250g parsnip peeled & halved lengthways
2 red onions, peeled & quartered
1 medium cauliflower, florets only
2 tbsp extra virgin olive oil
1 tbsp Capilano Active Manuka Honey
½ tsp dried chilli flakes
4 garlic cloves, peeled & finely chopped
Salt & pepper, to taste

METHOD

Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper.

In a small bowl combine olive oil, Capilano Active Manuka Honey, chilli, garlic, salt & pepper. Mix well.

Add vegetables to prepared baking tray. Drizzle over ½ honey oil mixture and toss to combine.

Roast for 30-45 minutes until vegetables are golden & tender. To serve, drizzle with remaining honey oil mixture and finish with leafy greens to serve.

Poached Chicken Super Salad with Manuka Honey & Tahini Dressing

BY CLEAN KWEENS

INGREDIENTS

SALAD

350g packet superfood veggie mix
1 cup spinach leaves
1 x 250g punnet cherry tomatoes
1 (approx. 300g) large chicken breast
1 tsp chicken stock powder
1 sweet potato
2 tbs olive oil
Salt & pepper.

DRESSING

3 tbs olive oil
3 tbs Capilano Active Manuka Honey
¼ cup hulled tahini
Juice of ½ a lemon
2 tsp apple cider vinegar.

METHOD

Preheat oven to 180°C (fan-forced). Grease and line a baking tray with baking paper.

Peel and dice sweet potato into cubes and toss with olive oil, salt and pepper. Spread on tray and bake for 20-30 minutes until golden.

For the salad, roughly chop spinach and tomatoes, and combine with superfood mix in a large bowl, stir to combine.

Dice chicken into 3cm pieces. Bring a saucepan of water to a simmer & mix through chicken stock. Carefully add chicken to liquid and poach for 10 mins or until cooked through, ladling liquid over the chicken periodically.

Once cooked, remove from liquid using a slotted spoon, and allow to cool slightly. Slice into strips & add to the salad bowl, along with sweet potato.

Combine all dressing ingredients and mix well to combine. Pour over salad and serve immediately.





Quinoa Veggie Slice

BY CASEY-LEE LYONS

INGREDIENTS

SLICE

1 cup quinoa, raw
8 large eggs, whisked
1 garlic clove, crushed
1 red capsicum, deseeded & chopped
½ cup kale leaves, finely chopped
1 small zucchini, grated
2 green spring onions, chopped
200g cherry tomatoes, halved
1 tsp curry powder
¼ tsp turmeric
Sea salt & black pepper

GREEN GODDESS DRESSING

1 ripe avocado
3 tbsp extra virgin olive oil
1 tbsp Capilano Active Manuka Honey
2 green spring onions, chopped
½ cup flat leaf parsley
1 lemon, juiced
1 garlic clove, crushed
1 tsp apple cider vinegar
Pinch sea salt

METHOD

Pre-heat oven to 180°C. Grease and line a brownie tin with baking paper.

Cook quinoa according to packet instructions. Drain and set aside. In a large bowl, whisk eggs thoroughly and mix in garlic, quinoa, capsicum, kale, zucchini, and spring onions. Add cherry tomatoes (reserving 8 halves), curry powder, turmeric and salt and mix until combined.

Pour mixture into lined baking tray and press remaining tomatoes on top so they are visible cut side up. Bake in oven for 35 mins or until egg is cooked through.

Meanwhile in a blender combine all dressing ingredients and mix until desired texture (smooth or textured).

Serve with warm quinoa slice.

Store in an air-tight container in the fridge for up to 3 days.

*Meal prep,
lunch box wonder*



Spicy Capsicum and Walnut Dip

BY SNEH ROY

INGREDIENTS

2 red capsicum, cored & seeds removed
 4-6 cauliflower florets
 2 garlic cloves, peeled
 Juice of ½ lemon
 150g walnuts, raw plus extra toasted, to serve
 Handful fresh breadcrumbs
 ¼ - ½ tsp red chilli flakes
 ½ tsp cumin, ground
 2 tsp pomegranate molasses
 Olive Oil
 Herbs
 Salt & pepper, to taste
 Capilano Active Manuka Honey

METHOD

Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper.

Place red capsicum and cauliflower florets on tray and back for 15-20 minutes until charring and tender. Set cauliflower aside.

In a food processor, process the roasted capsicum with garlic, lemon juice, walnuts, fresh breadcrumbs, red chilli flakes, cumin, salt, pepper, pomegranate molasses and olive oil. Pulse until just smooth, tasting to adjust flavours as you wish.

To serve, place dip in a large bowl and top with cauliflower, toasted walnuts, herbs and a drizzle of the Capilano Active Manuka Honey.

Gourmet entertaining



Honey Soy Chicken Drumsticks with Roasted Pumpkin Salad

BY CLEAN KWEENS

INGREDIENTS

DRUMSTICKS

4 chicken drumsticks
¼ cup soy sauce (or coconut aminos)
¼ cup Capilano Pure Honey
2 tbs olive oil
1 tbs sesame oil
1 tbs minced garlic
1 tsp minced ginger

SALAD

1 small butternut pumpkin
2 tbs olive oil
Salt & pepper
½ cup cherry tomatoes
2 tbs parmesan cheese/feta
2 cups spinach leaves

TO SERVE

Capilano Honey Active Manuka Honey

METHOD

Preheat the oven to 180°C. Grease and line two baking trays, each with baking paper.

Slice the pumpkin up into small slithers and spread out over one backing tray. Coat with oil and season with salt and pepper as desired. Bake until cooked through for approx. 30 mins. Set aside for later.

Combine the soy sauce (or coconut aminos), Capilano Pure Honey, olive oil, minced garlic and minced ginger in a bowl. In a non-stick fry pan, bring some the sauce mixture to a simmer on high heat. Carefully fry the chicken drumsticks for approx. 3 mins each side or until lightly browned.

Transfer chicken drumsticks to your second lined baking tray and pour over the leftover sauce. Bake for 30 minutes or until cooked through.

In a separate bowl, combine your salad ingredients. Top with your roasted pumpkin and serve alongside the cooked chicken drumsticks.

Drizzle Capilano Active Manuka Honey as desired over the salad and drumsticks.





Nourish Bowl with Lemon Honey Dressing

BY HAYLER CONNOR

INGREDIENTS

1 cup mixed leaves
 ½ cup quinoa, dry
 ¼ cup alfalfa sprouts
 ½ small butternut pumpkin, cubed
 1 tbsp almonds, roasted
 2 tbsp cottage cheese

DRESSING

1 tsp extra virgin olive oil
 1 tsp Capilano Active Manuka Honey
 ½ lemon, juiced
 Salt & pepper, to taste

METHOD:

Preheat the oven to 180°C. Grease and line a baking tray with baking paper.

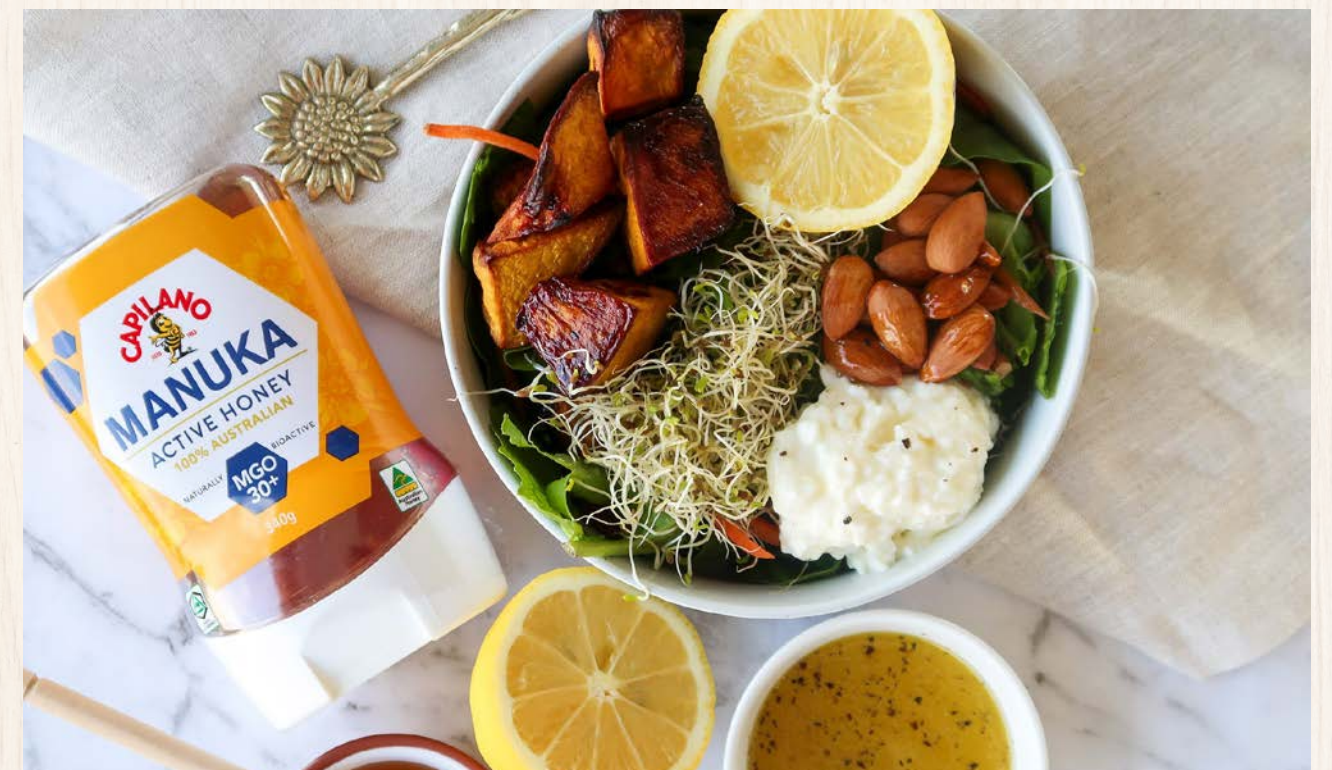
Spread pumpkin over baking tray and drizzle with olive oil, Capilano Active Manuka Honey and season with salt and pepper. Roast for approx. 30 mins until golden. Set aside.

While the pumpkin is roasting, cook quinoa according to packet instructions. Drain and set aside.

Add olive oil, salt and pepper, Capilano Active Manuka Honey and lemon juice in a small bowl and mix well until combined.

In a separate bowl, add mixed leaves, alfalfa sprouts, roasted pumpkin, quinoa, roasted almonds, and cottage cheese.

Pour dressing over nourish bowl to serve.



Broccoli, Butter Bean & Cranberry Salad

BY MONIQUE CORMACK

INGREDIENTS

120g baby spinach
 2 cups broccoli florets
 ½ 400g tin butter beans, drained and rinsed
 ¼ cup dried cranberries
 ¼ cup slivered almonds
 Extra virgin olive oil

DRESSING

1 tbsp Capilano Active Manuka Honey
 1 tbsp dijon mustard
 2 tbsp extra virgin olive oil
 3 tbsp hulled tahini
 Pinch salt
 Water to thin dressing

METHOD

Preheat your oven to 180C. Line a tray with baking paper. Spread broccoli florets on tray, drizzle with olive oil and bake for 25 minutes or until the edges are crisp and brown. Allow to cool.

Make the dressing by whisking together Capilano Active Manuka honey, mustard, olive oil and tahini. Add a splash of water to thin the dressing as needed. Season with salt.

Layer the salad - spinach, butter beans, broccoli, cranberries and almonds. Top with a generous drizzle of the dressing. You'll have some dressing leftover so save it for another meal.



Superfood Rainbow Bowl with Manuka Magic Dressing

BY CASEY-LEE LYONS

INGREDIENTS

RAINBOW BOWL

- ½ cup roasted sweet potato cubes
- 2 wedges roast pumpkin
- ½ cup blanched broccoli florets
- ½ cup shredded kale
- 100g raw zucchini noodles
- Handful cherry tomatoes
- 50g beetroot noodles or fresh beetroot wedges
- ½ cup shredded purple cabbage
- ½ avocado, sliced
- ¼ cup tri-colour quinoa, cooked (or wild rice)
- Pepitas

HONEY ROASTED CHICKPEAS

- 1 cup cooked/canned chickpeas
- 2 tsp extra virgin olive oil
- ½ tsp curry powder
- 3 tsp Capilano Active Manuka Honey
- Sea salt

MANUKA MAGIC DRESSING

- 2 tbsp extra virgin olive oil
- 1 tbsp Capilano Active Manuka Honey
- 150g cooked beetroot
- 2 heaped tbsp coconut yoghurt
- 1 small garlic clove, crushed
- Half lemon juiced
- ¼ tsp ground turmeric
- Salt & pepper, to taste

METHOD:

Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper. Drain and rinse chickpeas. Dry well by spreading out on a paper towel and leave to air dry for 30 minutes.

While chickpeas dry, prepare dressing. Combine all ingredients in a blender or food processor, pulse until smooth, adjusting the consistency with water to thin (if needed).

In a small mixing bowl combine olive oil, curry powder, Capilano Active Manuka Honey and sea salt. Add chickpeas and toss to coat.

Spread chickpeas onto a lined oven tray and roast for 10-15 minutes or until golden and crispy. Assemble rainbow bowl with filling ingredients then top with chickpeas, pepitas and dressing to serve.

Recipe sub: Instead of chickpeas, use tofu, coat in marinade as per recipe, cook on frying pan in olive oil until golden and crisp.



Miso Eggplant

BY JOEL FEREN

INGREDIENTS

2 medium eggplants cut in half, lengthwise
 ¼ cup miso paste
 2 tbsp mirin
 2 tbsp Capilano Active Manuka Honey
 1 tbsp sake
 Sesame seeds and torn parsley to garnish

METHOD

Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper.

In a small bowl, whisk half of Capilano Active Manuka Honey, mirin, sake and miso paste in until smooth.

Score eggplants in a diamond pattern using a sharp knife. Place skin-side down on baking tray. Generously brush with miso glaze, then bake for 25 minutes until soft and golden.

Drizzle with extra Capilano Active Manuka Honey, parsley, and sesame seeds to serve.

Ginger Honey Tofu Soba Noodles

BY JOEL FEREN

INGREDIENTS

DRESSING

1 tbsp olive oil
 1 tbsp sesame oil
 2 tbsp, chopped leek (white only)
 ½ tsp red chilli flakes
 1 tsp grated ginger
 2 tbsp Capilano Active Manuka Honey
 2 tbsp soy sauce
 1 tbsp rice wine vinegar

TOFU:

1 tbsp olive oil
 200g firm tofu, cut into cubes
 ¼ cup spring onion, sliced
 250g uncooked soba noodles
 Freshly chopped coriander leaves and sesame seeds, to serve

METHOD

To prepare the dressing, heat olive oil and sesame oil in a small frying pan on medium. Add leek, chilli, and ginger. Sauté for a minute until leek starts to caramelize. Remove from heat and cool to room temperature. Add Capilano Active Manuka Honey, soy sauce and rice wine vinegar. Mix well. Scoop into a bowl or jar and set aside.

Wipe down the pan. To prepare the tofu, heat olive oil in the pan on medium. Add tofu and pan-fry for a few minutes, tossing constantly until golden. Add the spring onion and cook for a few seconds until wilted. Remove from heat.

Cook soba noodles as per the packet instructions. Drain.

Add soba noodles to a bowl. Add the tofu and spring onion mix. Add the dressing. Toss and mix well until noodles are coated evenly with the dressing. Garnish with coriander and sesame seeds.





Manuka Honey Recipe eBook

For more recipes please visit
capilanothoney.com