



# Good Chef Bad Chef Manuka Honey Cashew Gelato

EASY • 10 MINS + 6 HOURS FREEZING

Indulge in Jacqueline Alwill's Manuka Honey Cashew Gelato, where creamy cashews and vanilla meet the rich caramel flavour of Capilano Bioactive Manuka Honey, as featured on [Good Chef Bad Chef!](#)



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**FREEZING TIME**  
6 hours

**SERVINGS**  
4-6

## Ingredients

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- ½ cup raw cashews, soaked in water overnight
- ½ cup unhulled tahini
- 200ml coconut milk or cream
- ½ cup [Capilano Manuka Honey](#)
- 1 tbsp vanilla paste (or seeds from 1 vanilla bean)
- 2 tbsp coconut oil

For Garnish

- Toasted cashews
- Dark chocolate, grated

## Method

1. Combine all ingredients except coconut oil in a high speed blender or food processor and blitz until creamy. Add the coconut oil and blitz again.
2. Pour into an ice block container and freeze until set.
3. Prior to serving blitz again to a delicious gelato consistency, then garnish with toasted cashews, grated dark chocolate and serve immediately.

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

Visit [capilano-honey.com.au](http://capilano-honey.com.au) to learn how to swap honey for sugar in your recipes.

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