



# خبز الموز بعسل كاييلانو

150 دقيقة • 1 شخص

خبز الموز بعسل كاييلانو هو خبز لذيذ مصنوع من دقيق القمح الكامل، موز، وعسل كاييلانو. هذا الخبز مثالي لتناول الإفطار أو العشاء، ويمكن استخدامه أيضًا في وصفات الخبز المختلفة. يمكنك أيضًا استبدال العسل بالسكر في وصفاتك إذا كنت تفضل ذلك.



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1 شخص

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## Ingredients

- 1 2/3 كوب (250 غرام) دقيق القمح الكامل

## Method

1. سخن الفرن على درجة حرارة 160 درجة مئوية. اخبز الخبز لمدة 150 دقيقة في قالب خبز بمساحة 23.5 × 13.5 إنش.

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

Share your creations with us! Simply tag #honeylovers & @capilanoHoney on Instagram or Facebook and you could be featured on our page!



Ingredients

- 2 cups (500ml) Capilano Pure Honey
- 1 cup (250ml) water
- 1 cup (250ml) lemon juice
- 1 cup (250ml) apple cider vinegar
- 180g (6.5oz) baking soda
- 2 cups (500ml) water
- 3 cups (750ml) water
- 2 cups (500ml) water
- 1 cup (250ml) water

### Method

1. In a large pot, combine the honey, water, lemon juice, and apple cider vinegar. Stir well.
2. Bring the mixture to a boil over medium heat. Reduce the heat to a simmer and cook for 10 minutes.
3. Add the baking soda to the mixture. The mixture will foam up. Stir well.
4. Add the remaining water. Stir well.
5. Simmer the mixture for 25-20 minutes. The mixture will thicken. Stir well.
6. Strain the mixture through a fine mesh strainer. Discard the solids. Store the mixture in a clean jar.

## Used in this recipe



Capilano Pure

Capilano Pure Honey is a natural, unprocessed honey. It is made from the nectar of wildflowers and is known for its unique flavor and health benefits. Capilano Pure Honey is a great ingredient for baking and cooking. It can be used to sweeten breads, cakes, and cookies. It can also be used to make honey butter, honey mustard, and honey vinaigrette. Capilano Pure Honey is a versatile ingredient that can be used in many different ways.

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