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- 2 tablespoons of honey or 100g of honey
- 1 tablespoon of honey
- 1 tablespoon of honey or 100g of honey
- 3-2 tablespoons of honey (or 100g of honey)

Method

3. Mix the honey and sugar in a bowl until the honey is fully dissolved (or until the mixture is smooth).
4. Add the honey to the mixture and mix well. The honey will be fully dissolved in the mixture.

Used in this recipe



Manuka Honey

Manuka honey is a type of honey that is produced by bees that collect nectar from the Manuka bush. It is known for its unique flavor and health benefits. Manuka honey is also known for its ability to help with skin conditions and to boost the immune system.

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*Vella, G. 2016. 215 pages. CSIRO.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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