



- ½ cup of honey
- ½ cup of rice puffs
- 1 cup of rice puffs
- ⅓ cup of honey
- 2 cups of rice puffs

Method

2. Mix the honey and rice puffs in a bowl until the honey is evenly coated on the rice puffs.
3. Press the mixture into a pan. Press down firmly to compact the mixture. Let it sit for 3-2 minutes.
4. Cut into 5 equal pieces and enjoy.

Used in this recipe



Manuka Honey

Manuka honey is a natural sweetener that is rich in antioxidants and has many health benefits. It is made from the nectar of the Manuka bush, which is native to New Zealand. Manuka honey is known for its unique flavor and its ability to promote wound healing and reduce inflammation.

Manuka Honey

Manuka honey is a natural sweetener that is rich in antioxidants and has many health benefits. It is made from the nectar of the Manuka bush, which is native to New Zealand. Manuka honey is known for its unique flavor and its ability to promote wound healing and reduce inflammation.

Manuka Honey

Manuka honey is a natural sweetener that is rich in antioxidants and has many health benefits. It is made from the nectar of the Manuka bush, which is native to New Zealand. Manuka honey is known for its unique flavor and its ability to promote wound healing and reduce inflammation.

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

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

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