



# Manuka Honey Gummy Shapes

EASY • OVERNIGHT

Naturally better for you than traditional lollies, these gummies are zesty, fruit and naturally sweet. They're fun to make at home with the kids and a natural remedy for the family during the winter cold and flu season.



SKILL LEVEL  
Easy

PREP TIME  
15 mins

COOKING TIME  
Freezing

SERVINGS  
4

## Ingredients

- 80ml (4 tbsp) fresh juice or poppers – e.g. orange, raspberry, blackcurrant juice
- 2 tbsp Capilano Manuka Honey

## Method

1. Place silicone gummy moulds on a baking tray (for ease of transport).
2. In a small saucepan or microwave-safe bowl, combine juice and Manuka honey. Mix well.

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

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- 24g (2 tbsp) gelatine powder

## Used in this recipe



### AUSTRALIAN MANUKA HONEY Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

#### 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 Australian Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

## Method

3. Sprinkle over gelatine powder and mix to combine. Set aside to 'bloom' for 5 minutes.
4. Over low heat, gently warm mixture until gelatine dissolves, being careful not to boil. Alternatively, microwave for 60 seconds, mix well to combine. Remove from heat and pour into a heat proof jug with a pouring spout. If the mixture has any bubbles or foam, allow it to sit for a couple of minutes and then skim it off the top and discard.
5. Carefully pour mixture into prepared moulds. Chill for 1-2 hours or until gummies are set and firm. Store in an airtight container in the fridge for up to a month.

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