



Manuka Honey Date Milk

EASY • 5 MINS

Sweet, nutty and fragrant, this nurturing milk drink made with Capilano Active Manuka Honey is ideal as an afternoon snack, pick me up or gentle drink for sensitive tummies.



SKILL LEVEL
Easy

PREP TIME
5 mins

SERVINGS
2

Ingredients

- 500ml milk
- 6-8 Medjool dates, pitted and roughly chopped
- 2 tbsp [Capilano Manuka Honey](#)
- 1 tbsp tahini

Method

1. Gently warm milk in a saucepan or microwave until lukewarm.
2. Add the dates and set aside for 5 minutes until the dates have softened.
3. In a blender combine milk, dates, honey, tahini, vanilla and ice (if using) and blend until smooth.

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

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- 1 tsp pure vanilla extract
- 2-3 ice cubes (optional)

Method

4. Divide between two glasses and serve immediately with an extra drizzle of Capilano Active Manuka Honey.

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.

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