Fermented Honey (3 Flavours!)

EASY • 15 MINS

The culinary addition you'll be putting on EVERYTHING: Fermented honey garlic. A balanced mix of sweet and savoury, you can add it to everything from pizza, to salad dressings, or even just eat it by the spoonful (it's that good, promise). Try the Lemon Honey on yoghurt, fruit and granola for a nourishing topping.



SKILL LEVEL
Easy

PREP TIME
15 mins (plus time to ferment)

Ingredients

- 600g Capilano Manuka honey
- 1 bulb of garlic, peeled

Method

1. Place the garlic, lemon and ginger into separate sterilised jars.
2. Fill up to the top with Capilano Active Manuka Honey

Visit 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!

- 1 lemon, thinly sliced
- 1 knob of ginger, peeled and thinly sliced

Method

3. Allow to ferment for a few weeks, then store for up to a few months.

Used in this recipe



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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