



# Manuka Cookie Butter Caramels

EASY • 1-2 HOURS

While it's only natural to add a spoonful of bioactive Manuka honey into your tea, it's also a wonderful superfood addition to your no-bake sweets. This creation by our friend [@noashealthy eats](#) always goes down a treat (trust us on this one).



**SKILL LEVEL**  
Easy

**PREP TIME**  
1-2 hours

**COOKING TIME**  
2 minutes

**SERVINGS**  
12

## Ingredients

- 100g Biscoff spread
- 100ml coconut cream
- 2 tbsp [Capilano Manuka Honey](#)
- 200g white or milk cooking chocolate

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.

## Method

1. Line 12-cup cupcake baking tray with cases, set aside.
2. Combine Biscoff spread, coconut cream and Capilano Active Manuka Honey in a bowl and mix well until smooth. Place bowl in freezer for 30-60 minutes until firm.
3. In a microwave safe bowl, melt white chocolate on medium power for 1-2 minutes, stirring every 30 seconds until smooth. Be careful to not overheat as chocolate will seize.
4. Place 1-2 tbsp of melted chocolate into the bases of the cupcake cases and tilt the tin slightly to allow it to come up the sides. Add a teaspoon of the filling, and then cover with remaining chocolate.
5. Freeze for an additional 60 minutes until firm. Caramels will keep for up to 5 days chilled in an airtight container or a month in the freezer.

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

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



#### 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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