Bee’s Knees Honey Rum Balls

EASY • 60 MINS

Smooth dark rum, pure Capilano honey, walnuts and coconut meld together to create a festive twist on this classic recipe that might just be, the bees knees!



SKILL LEVEL	PREP TIME	SERVINGS
Easy	20 mins	24

Ingredients

- 165g sugar-free shortbread cookies
- 160ml (2⁄3 cup) Capilano Organic Raw Honey, plus extra, to drizzle

Method

1. Line 2 baking trays with baking paper. Coarsely break the biscuits into a food processor. Add honey, apricots, walnuts and coconut. Process until well combined and mixture comes together. Transfer half the mixture to a bowl and reserve the remaining half in the food processor.

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- 100g Turkish dried apricots
- 55g (1/2 cup) walnuts
- 45g (1/2 cup) desiccated coconut, plus 5 tbsp, extra
- 1 tbsp (20ml) dark rum (optional)
- 150g dark chocolate melts
- Crushed honeycomb, to sprinkle

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yoghurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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.

Method

2. Place 3 tbs extra coconut in a shallow bowl. Roll level tablespoonfuls of the honey mixture in the bowl into balls. Roll in coconut to coat. Place on 1 prepared tray. Set aside to set.

3. Add the rum and remaining extra 2 tbs coconut to the reserved honey mixture in the processor. Process until combined then roll level tablespoonfuls into balls.

4. Place chocolate melts in a small, deep microwave-safe bowl. Microwave on Medium, stirring occasionally, for 2 minutes or until melted and smooth. Use a fork to dip the rum balls, 1 at a time, in the chocolate to coat. Gently tap the fork on the side of the bowl to remove excess chocolate. Use a skewer to gently slide the ball onto remaining prepared tray. Sprinkle with a little honeycomb. Repeat with the remaining rum balls, chocolate and honeycomb. Set aside to set. Store in airtight containers in the fridge. Drizzle over extra honey to serve.

5. Tips: If you can't find plain honeycomb, trim the chocolate off honeycomb chocolate bars. Keep stored in an airtight container for up to a week (if they last that long!)

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