Capilano Honey Joys

EASY • 35 MINS

Summer sprinkler, Capilano Honey Joys and....no, that's everything.
Our refined-sugar free take on this iconic Aussie treat is perfect for re-living treasured memories and creating new ones.
A simple melt-and-mix recipe for baking with the kids.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	10 mins	12

Ingredients

- 432g (6 tbsp / 1 cup + 1 tbsp) Capilano Pure 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!

- 100 grams unsalted butter, chopped
- 5 cups cornflakes
- 12 paper cup cake cases

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

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

1. Preheat oven to 160°C (fan-forced). Place cupcake cases in cupcake tray. Place cornflakes in a large heat-proof bowl.

2. Combine honey and butter in a large saucepan and heat over on medium heat until just melted. Alternatively place in microwave-safe bowl and heat in 30 second increments, mixing in between until melted.

3. Transfer honey mixture to cornflakes bowl. Mix well with wooden spoon until evenly combined.

4. Transfer mixture to cupcake cases and bake for 10 minutes. Allow to cool on wire baking rack then transfer to airtight container and chill for 30 minutes to set.

5. Store in an airtight container in the fridge for up to 5 days.

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