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 @noashealthyeats always goes down a treat (trust us on this one).



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	1-2 hours	2 minutes	12

Ingredients

- 100g Biscoff spread
- 100ml coconut cream

Method

1. Line 12-cup cupcake baking tray with cases, set aside.

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- 2 tbsp Capilano Active Manuka Honey
- 200g white or milk cooking chocolate

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

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 premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

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.

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