Manuka Honey Date Milk

EASY • 5 MINS

Sweet, nutty and fragrant, this nurturing milk drink made with Capilano Active Manuka Honey is ideal as an afternoon snack, pick me up or gentle drink for sensitive tummies.

SKILL LEVEL	PREP TIME	SERVINGS
Easy	5 mins	2

Ingredients

- 500ml milk
- 6-8 Medjool dates, pitted and roughly chopped
- 2 tbsp Capilano Active Manuka honey
- 1 tbsp tahini

Method

1. Gently warm milk in a saucepan or microwave until lukewarm.
2. Add the dates and set aside for 5 minutes until the dates have softened.
3. In a blender combine milk, dates, honey, tahini, vanilla and ice (if using) and blend until smooth.

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 tsp pure vanilla extract
- 2-3 ice cubes (optional)

Method

4. Divide between two glasses and serve immediately with an extra drizzle of Capilano Active Manuka Honey.

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 (MGO). The higher the MGO, 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.

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!