Manuka Honey Gummy Shapes

EASY • OVERNIGHT

Naturally better for you than traditional lollies, these gummies are zesty, fruit and naturally sweet. They're fun to make at home with the kids and a natural remedy for the family during the winter cold and flu season.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	Freezing	4

Ingredients

- 80ml (4 tbsp) fresh juice or poppers – e.g. orange, raspberry, blackcurrant juice
- 2 tbsp Capilano Authentic Manuka Honey

Method

1. Place silicone gummy moulds on a baking tray (for ease of transport).
2. In a small saucepan or microwave-safe bowl, combine juice and Manuka honey. Mix well.

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- 24g (2 tbsp) gelatine powder

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood
Made by some of the world's healthiest bees*, Capilano 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, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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

Method

3. Sprinkle over gelatine powder and mix to combine. Set aside to 'bloom' for 5 minutes.

4. Over low heat, gently warm mixture until gelatine dissolves, being careful not to boil. Alternatively, microwave for 60 seconds, mix well to combine. Remove from heat and pour into a heat proof jug with a pouring spout. If the mixture has any bubbles or foam, allow it to sit for a couple of minutes and then skim it off the top and discard.

5. Carefully pour mixture into prepared moulds. Chill for 1-2 hours or until gummies are set and firm. Store in an airtight container in the fridge for up to a month.

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