

**SUMMER CAPILANO
HONEY JOY**

Kids Treats



**AUSTRALIA
AT ITS PUREST**





SUMMER HONEY JOY!

Hello honey lovers, and welcome to Summer Honey Joy – our celebration of naturally sweet treats for long summer days!

Whether you're relaxing in the breeze at home, enjoying full blast air-conditioning, chilling beachside, or outside running through the sprinkler, we have all-new recipes that are low fuss, fun and best of all, kid friendly.

Discover no-bake treats, healthier takes on baking classics and fun sweets that will fill those long hot summer days when made and enjoyed together.

Baking, mixing and drizzling Capilano honey wouldn't be possible without our Aussie bees, who forage our native eucalypt and ground flora in Australia's pristine national parks and forests, and their dedicated beekeepers. Let's raise an old-school honey joy in celebration of them, and to a long Aussie summer!

~ The Capilano Honey team.

#OozesAustralia #HoneyLovers

SIGNATURE RECIPE

CAPILANO HONEY JOYS

Enjoy this refined-sugar free iconic Aussie treat on a hot day and create new memories or re-live treasured ones. Best of all, this melt-and-mix recipe is perfect for kids to make or lend a hand with!

serves 12 | prep 15 mins | cooking 10 mins

432g (6 tbsp / 1 cup + 1 tbsp) Capilano Pure Honey
100 grams unsalted butter, chopped
5 cups cornflakes
12 paper cup cake cases

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.

*** SEE PAGE 17 FOR VARIATIONS TO THIS CLASSIC RECIPE!**



Create new memories they'll treasure forever



Golden hour sprinkler joy



SUMMER HONEY JOY!

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CREATE IT WITH *Capilano* HONEY

There are plenty of reasons to make Capilano honey your go-to sweetener. Not only is it 100% pure Aussie honey, it has a range of healthy features too. Read on to discover more!

NATURAL WONDER

Honey has been a natural remedy for centuries and is believed to aid digestion, soothe sore throats and put an energetic spring in your step. It contains minerals, trace elements, vitamins, polyphenols, proteins and enzymes.

FLAVOUR FAVE

Honeys of different floral sources impart unique flavours as well as sweetness. Dark honeys have a bold, rich flavour perfect for savoury recipes, while light honeys add mild sweetness to baking and drinks.

PURE GOODNESS

Australian honey is completely pure, remaining in the same natural state as made by our hardworking honey bees.

NO BAKE HEROES

NO BAKE COOKIE DOUGH BARS

Gluten free and no bake, this fun treat combines cashew butter, Capilano honey and delicious choc chips into one moreish cookie dough inspired treat, with strawberry 'icing'! Perfect for special days at home or sharing with a party!

serves 12 | prep 20 mins + freezing

BASE

270g (1 cup) cashew butter
90g (¼ cup) Capilano Pure Honey
120g (¾ cup) oat flour (or 1 cup almond flour)
1 tsp vanilla bean paste
150g (¾ cup) mini chocolate chips
Pinch of salt

TOP LAYER

180g white chocolate, broken into pieces
1 tsp vanilla bean paste
135g (½ cup) cashew butter
1-2 drops red gel colour
1 tsp strawberry flavoured extract (optional)
Rainbow sprinkles

1 Line a 20 x 10cm loaf tin with baking paper. Set aside.

2 In a large bowl, combine cashew butter, honey, vanilla, oat flour, choc chips and salt. Mix until well combined and press into prepared tin using your hands and/or the back of a metal spoon to ensure the base is smooth and even. The dough will be firm to spread, this is okay.

3 For white chocolate layer, place chocolate chips, vanilla and cashew butter in a microwave safe bowl and heat on medium for 30 second intervals until fully melted. Alternatively, gently warm in a small saucepan on low heat until melted and well combined. Add food colour, strawberry extract and mix well to combine.

4 Spread pink layer on top of cookie dough layer and cover with sprinkles. Freeze for at least two hours, then cut into bars to serve using a sharp knife dipped in hot water and wiped between each cut.

5 Store in airtight container in the fridge or freezer for up to one week.

CREAMY, DREAMY &
CROWD PLEASING!



MANUKA HONEY GUMMY SHAPES

Naturally better for you than traditional lollies, these gummies are zesty, fruity 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.

serves 24 | prep 15 mins | cooking 5 mins

80ml (4 tbsp) fresh juice or poppers – eg orange, raspberry, black currant juice
2 tbsp Capilano Active Manuka Honey
24g (2 tbsp) gelatine powder

- 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.
- 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.

ALL NATURAL, SUPER QUICK AND A SUPERFOOD BOOST.

HONEY CEREAL YOGHURT BARK

This simple little recipe is the perfect chance to get creative in the kitchen with the kids. The base of honey, vanilla and yoghurt can be topped with your favourite cereals, fruits, nuts or even choc chips. The perfect after-school or party treat!

serves 6 | prep 15 mins + freezing

2 cups yoghurt
2 tbsp Capilano Pure Honey
1 tsp vanilla bean paste
Cereals of choice including:
- Fruit Loops
- Cornflakes
- Cocoa Pops

- 1 Line a 20x20cm square brownie tin with baking paper, or 12 x mini cupcake tray with paper cases.
- 2 In a mixing bowl, combine yoghurt, honey and vanilla, mix until smooth.
- 3 Spread yoghurt mixture into lined tray, or divide between cupcake cases evenly.
- 4 Top with cereal and allow to freeze for 3-6 hours or overnight until completely set. Break up into shards and store in an airtight container in the freezer until ready to serve.



BITE SIZED TREATS

**MIX AND MATCH!
ALLOW THEIR CREATIVITY TO RUN WILD
WITH DIFFERENT CEREAL TOPPINGS.**



NO BAKE WHOLESOME PEANUT RICE PUFF BARS

Remember rice crispy treats? These are a 5 ingredient, wholesome take on the original by Magdalena Roze. Packed with active Manuka Honey, peanuts and a hint of vanilla, they're a wholesome boost for the busy bees in your family!

serves 12 | prep 10 mins + freezing

½ cup peanut butter
½ cup coconut oil
1 tsp vanilla extract
1/3 cup Capilano Active Manuka Honey
2 cups rice puffs

- 1 Line a square baking dish with baking paper.
- 2 Place peanut butter, coconut oil & vanilla in a small saucepan and melt on low heat until well incorporated. Mix in Capilano Active Manuka Honey until combined.
- 3 Add rice puffs and stir gently to lightly coat with mixture. Using a spatula, transfer mixture to baking tray and smooth. Freeze tray for 2-3 hours until firm, then cut into bars using a clear sharp knife.
- 4 Store bars in an airtight container in the fridge for up to 5 days.

WHOLESOME AND MOREISH, THESE ARE A YEAR-ROUND FAVOURITE!



RAINBOW MANUKA HONEY YOGHURT DROPS

Could these be the sweetest way to eat the rainbow? Simply combine active Manuka honey, yoghurt and your favourite fruit purees to create an easy and fun school holiday treat!

serves 4 | prep 10 mins + 1hr freezing

½ cup fruit puree (see colour options below)
2 cups plain Greek yoghurt (thick-style)
2 tbsp Capilano Active Manuka Honey
Natural food colouring extracts

DROP COLOUR OPTIONS

Red: pureed strawberries, strained
Orange: pureed peach, strained
Yellow: pureed mango
Green: pureed pear and spinach leaves, strained
Blue: pureed blueberries, strained
Purple: pureed blackberries, strained

- 1 Line two baking sheets with baking paper and transfer to the freezer to chill.
- 2 Combine yoghurt and honey in a small bowl. Mix well to combine then divide evenly between 5-6 small bowls. Add approx. 1 tbsp of each chosen fruit puree to each bowl, and a drop of matching food colour, to create different colours.
- 3 Transfer mixture to zip-lock bags for each colour.
- 4 Remove trays from freezer and snip off corner of zip-lock bags. Pipe bite-sized dollops of yogurt onto trays, approx. 1cm apart.
- 5 Repeat with remaining mixture, then carefully return trays to freezer to chill for an hour.
- 6 Once set, transfer frozen drops to airtight containers and store for up to a month. Keep frozen and portion out drops to eat immediately, as they will melt quickly.

THESE RAINBOW TREATS CAN BE Poured INTO SILICONE MOULDS FOR FUN SHAPES TOO!



EAT THE RAINBOW!





CAPILANO CLASSICS

CAPILANO HONEY JUMBLES

A time-honoured Aussie tradition, Capilano honey jumbles are a tender spiced biscuit, glazed with signature honey icing that just oozes down the sides of the bikkie. Wonderful with a cup of tea, school fetes and reliving childhood memories – or creating new ones!

serves 24 | prep 30 mins | cooking 10 mins

JUMBLES

- 60g unsalted butter, chopped
- 180g (½ cup) Capilano Pure Honey
- 1 tbsp milk
- 1 tsp vanilla extract
- ¼ cups (160g) plain flour
- ½ tsp bicarbonate soda
- 1 tsp ground ginger
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp nutmeg

ICING

- 2½ cups (375g) icing sugar, sifted
- 1 tsp honey
- 1 tsp vanilla bean paste
- ¼ cup (60ml) boiling water
- Yellow Food Colouring

JUMBLES

- 1 Preheat oven to 160°C (fan-forced) and line 2 baking trays with baking paper. Place butter and honey in a medium saucepan over medium heat. Bring to a simmer, reduce heat to low and cook for 2 minutes. Alternatively, microwave butter and honey on low heat until just melted.
- 2 Transfer mixture to a large mixing bowl. Allow mixture to cool slightly, add milk and vanilla. Stir to combine.
- 3 Sift flour, bicarb soda and spices over butter mixture. Stir to combine. Cover with cling wrap and chill 1 hour or until mixture is firm enough to handle.
- 4 Once dough has cooled, divide into quarters. Then divide each of those quarters into 4 equal sized balls – use kitchen scale for best results.
- 5 Shape each ball into logs 5-6cm long and transfer to a baking sheet 5cms apart (this is critical).
- 6 Using a metal spoon, flatten the surface of the dough, but do not over-press the dough. Clean spoon between each biscuit if the dough is extra sticky. Bake for 10 minutes and allow to cool slightly before

A CAKE STALL CLASSIC!

transferring to wire racks to complete cooling.
7 Once cooled, store in an airtight container until ready to ice to prevent biscuits absorbing moisture from the air and softening.

ICING

- 1 Sift icing sugar into a large bowl. Add honey and vanilla bean paste, stirring to combine. Add boiling water one teaspoon at a time until desired consistency is reached. Icing should be very thick as it will spread when placed on the biscuits.
- 2 Divide icing into two bowls and add 1 drop of red food colour to tint one icing bowl pink and add 1 drop of yellow to the second bowl. Mix well.
- 3 Using a teaspoon, dollop icing into the middle of each biscuit and gently spread over the biscuit, allowing icing to naturally settle into place. Allow icing to dry completely before storing in an airtight container for up to 3 days.

GET CREATIVE!

MAKE YOUR OWN CAPILANO HONEY JOYS! RECIPE VARIATIONS:

Why not take our Classic Capilano Honey Joys recipe from page 5 and create your own fun holiday variations? Here's some delicious ideas!

INDULGENT

CHOC CHIP HONEY JOYS:
 Gently fold ½ cup mini choc chips (or golden caramel choc chips) into the mixture.

TROPICAL

COCONUT HONEY JOYS:
 Gently fold 1/3 cup toasted coconut flakes into the mixture.

NUTTY

CRUNCHY NUT HONEY JOYS:
 Gently fold ½ cup of roughly chopped cashews and peanuts into the mixture.

RAINBOW

SPRINKLE HONEY JOYS:
 Scatter rainbow sprinkles over your honey joys once removed from the oven.

SPICY

CHILLI HONEY JOYS:
 Add a pinch of ground chilli to your honey and butter mixture – if you dare!



FOOD PROCESSOR CAPILANO CARROT CAKE

The only thing better than traditional carrot cake is an easy, honey-packed version made in a food processor! We top ours with honey-roasted pecans and cream cheese icing for a dessert that impresses every. single. time.

serves 10-12 | prep 20 mins | cooking 50 mins

CAKE

400g carrots, peeled & roughly chopped
1 cup pecans, plus 1 cup extra for garnish
270g (¾ cup) Capilano Pure Honey
300g (2 cups) cups plain flour or gluten free plain flour
2 tsp baking powder
2 tsp bicarb soda
2 tsp cinnamon, ground
125ml (½ cup) vegetable oil
70g (¼ cup) Greek style yoghurt
2 eggs
2 tsp vanilla bean paste

ICING

250g cream cheese
50g (¼ cup) smooth ricotta
1 tbsp Capilano Pure Honey
1 tbsp lemon juice
1 tsb vanilla bean paste

HONEY ROASTED PECANS

1 cup pecans, whole
90g (¼ cup) Capilano Pure Honey
¼ tsp cinnamon, ground
Pinch sea salt

1 Preheat oven to 150°C (fan-forced). Grease and line the base and sides of a 20cm x 10cm loaf tin with baking paper.
2 Place carrots in a food processor and process until finely chopped. Add all other cake ingredients and process until combined, scraping down the sides in between if required.
3 Transfer mixture to prepared loaf tin. Bake for 30 minutes, then cover cake with foil and return to oven to bake for an additional 20 minutes or until an inserted skewer comes out clean. Transfer to a wire rack to cool completely.

4 While cake is baking, prepare honey roasted pecans. Line a baking tray with baking paper. In a small saucepan combine pecans, honey, cinnamon and sea salt. Gently bring to a simmer whilst stirring and cook for 4-5 minutes until golden and caramelised, being careful not to burn mixture. Transfer to prepared baking tray and allow to cool completely.
5 While cake cools, prepare icing. Combine all icing ingredients in the food processor and pulse until smooth. Dollop into centre of cooled cake and gently swirl to the edges of the cake. Garnish with honey roasted pecans to serve and drizzle with extra honey right before serving, if desired.
6 Store in an airtight container in the fridge for up to 4 days.

**CREAM CHEESE HONEY ICING,
WHO CAN RESIST?!**

BROWN BUTTER CAPILANO HONEY CAKES

Looking for a classic honey cupcake recipe? This is it! Warm, oozy and tender, simply bake, glaze and watch them be devoured with glee by kids, adults and grandparents alike.

serves 12 | prep 20 mins | cooking 25 mins

165g unsalted butter, softened
100g brown sugar
180g (½ cup) Capilano Pure Honey
3 eggs
300g self-raising flour
1 ½ tbsp (30ml) lemon juice
2 tsp vanilla extract
1 ¼ tsp ginger, ground
HONEY BUTTER GLAZE
130g unsalted butter
100g Capilano Pure Honey
1 tsp vanilla bean paste
150g icing sugar

1 Preheat oven to 160°C (fan-forced). Line and grease a 12 hole cupcake tray with paper cases.
2 In a stand mixer, cream butter, vanilla and brown sugar until pale and fluffy, approximately 4-5 minutes. Add honey and mix until combined. Add eggs, one at a time, beating well in between.
3 Sift flour and ginger into butter mixture, add lemon juice and mix on low to combine. Do not over-mix.
4 Using a ¼ cup measure, divide mixture between cases and bake for 20-25 minutes until golden and an inserted skewer comes out clean. Allow to rest for 10-15 minutes before glazing while warm. For domed cupcakes, measure 1/3 cup mixture into cases.

5 While cakes are baking, prepare glaze. Melt butter in a microwave-safe bowl, or over medium heat in a small saucepan. Remove from heat, add honey and vanilla, mix well. Sift in icing sugar and whisk to combine into a smooth glaze.
6 While cakes are still just warm, spoon glaze over cupcakes.
7 Store in airtight container in the fridge for up to 4 days.

**LOOKING FOR THE ULTIMATE
ALL-HONEY CUPCAKE? THIS IS IT.
WE ADORE THIS RECIPE, AND
HONEY BUTTER IS SUCH A TREAT!**





CHOC CHUNK PEANUT BUTTER COOKIES

Made with honey instead of sugar, these one-bowl, flourless cookies are great to make with kids and fill up the cookie jar. You can add extra peanuts, dip them in chocolate or make them choc-free – the options are endless for this staple recipe.

serves 12 | prep 15 mins | cooking 12 mins

- 250 (1 cup) thick-style peanut butter
- 180g (½ cup) Capilano Pure Honey
- 1 egg
- 1 cup rolled oats
- ½ tsp bicarb soda
- 1 tsp vanilla bean paste
- 100g milk or dark cooking chocolate chunks

- 1 Preheat oven to 160°C (fan forced). Line two cookie trays with baking paper.
- 2 Place oats in a food processor and pulse until a fine flour is formed.
- 3 In a large bowl, combine peanut butter, honey, eggs, vanilla and choc chunks. Mix well with a spoon, then add in oats and bicarb soda, mix well to combine. Chill mixture for 30 minutes to firm up.
- 4 Roll tablespoons of dough and place onto cookie sheet, 5cm apart. Use the back of a fork to make a cross hatch on top to flatten slightly. Transfer sheets to the fridge to chill for an additional 20-30 minutes.

- 5 Bake for 10-12 minutes until lightly golden. Cookies will be soft, allow to cool on trays to firm up slightly, then transfer to a cooling rack to cool completely.
- 6 Store in an airtight container at room temperature for up to 5 days.

MAKE THESE WITH YOUR FAVOURITE NUT BUTTER!

CAPILANO HONEYCOMB

Equal parts science and magic, our classic Capilano honeycomb recipe is a treat to make, and eat – especially when dipped in chocolate. The perfect activity or edible gift, year-round.

You will need a silicone spatula and sugar thermometer or digital thermometer for this recipe and adult supervision is recommended at all times.

- 1 tbsp bicarb soda, sifted
- 1¼ cups caster sugar
- 180g (½ cup) Capilano Pure Honey
- 1 teaspoon pure vanilla extract
- Pinch of fine sea salt
- Melted chocolate (optional)

- 1 Measure all ingredients out before you get started. Line a baking tray with baking paper and set aside.
- 2 In a large saucepan combine honey, sugar and salt. Mix to combine, then heat over medium heat until mixture reaches 150°C, approximately 3 minutes.
- 3 Remove from heat and add vanilla extract and bicarb soda. The mixture will foam up quite a bit, this is okay, just keep stirring to combine.
- 4 Once combined, quickly pour onto prepared baking tray and spread gently.
- 5 Allow to rest for 5-10 minutes to set, then break up into shards.
- 6 Store in an airtight container until ready to eat, or dip into melted chocolate for a sweet treat!

EQUAL PARTS SCIENCE EXPERIMENT AND FUN!



CAPILANO HONEY WEETBIX SLICE

Our very own Capilano ode to the Classic. Perfect for lunches, fetes and treating yourself mid-afternoon! It's also beautiful for weekend picnics or parties.

serves 12 | prep 15 mins | cooking 20 mins

BASE

5 Weet-Bix, crushed
1½ cups plain flour
2 tsp baking powder
¾ cup desiccated coconut
360g (1 cup) Capilano Pure Honey
200g butter
1 tsp vanilla extract

ICING

180g (½ cup) Capilano Pure Honey or Creamed Honey
120g cold butter
1 tsp cocoa powder (optional)

1 Preheat oven to 180°C (fan-forced). Combine Weet-Bix, flour, baking powder and desiccated coconut in a mixing bowl.
2 Place honey and butter into a saucepan and cook, stirring, over a low heat until butter is melted and well combined. Remove from heat and stir in vanilla extract.
3 Pour the honey mixture into the bowl with the Weetbix mixture and mix together. Transfer to a lined 20cm x 30cm baking dish and bake for 18-20 minutes or until firm. Set aside to cool completely.

4 To make the icing, place cold butter and honey in the bowl of a stand mixer or use hand beaters to combine until light and fluffy, about 8-10 minutes. Spread on top of the cooled slice and refrigerate for 1 hour until firm, then slice to serve.

✦ TIPS

• Slice will keep in an airtight container for 3 days on the counter, 1 week in the fridge or 2-3 months in the freezer (uniced).

A LUNCHBOX CLASSIC
– REFINED SUGAR FREE.



DID SOMEONE SAY
MOVIE NIGHT?

CAPILANO CARAMEL POPCORN

Crunchy, caramel and oh-so moreish, this divine honey, brown sugar and vanilla caramel popcorn recipe is a school holidays and movie night in favourite. Why not make a double batch and gift it to someone special too!

serves 4-6 | prep 20 mins | cooking 15 mins

125g butter, unsalted
100g brown sugar
90g (¼ cup) Capilano Pure Honey
1 tsp vanilla bean paste
¼ tsp bicarb soda
2 tbsp coconut or vegetable oil
250g popcorn kernels
½ tsp sea salt flakes, to serve

1 Preheat oven to 160°C (fan-forced). Line two baking sheets with baking paper, set aside.
2 Heat oil in a large saucepan over medium heat. Add popcorn kernels, cover and cook, shaking the pan, for 4-5 minutes or until popped. Transfer to baking trays and distribute evenly.
3 Combine butter, honey and brown sugar in a saucepan over medium heat, bringing to a boil for 3-4 minutes, being careful not to burn mixture. Remove from heat, add vanilla, bicarb soda and salt. Mixture will bubble up, stir quickly.

4 Tip caramel mixture over popcorn and stir well using two spoons to roughly coat. Don't worry if the mixture sets before fully coating. Place in oven to bake for 5 minutes. Remove from oven and mix to coat popcorn with melted caramel again. Bake for an additional 5 minutes and then allow trays to cool on benchtop. Break cooled caramel popcorn up before serving.
5 Popcorn will keep in an airtight container for up to a week – if it lasts that long!





**THE HARD-WORKING
SNACKTIME HERO!**

HEALTHIER TREATS

CAPILANO HONEY BANANA BREAD

Refined sugar, gluten and dairy free, Capilano honey banana bread is a better-for-you take on the classic. A hard-working baking staple, this freezer-friendly recipe is nourishing, comforting and versatile. Simply mix in your favourite nuts, seeds or chocolate chips.

serves 8-10 | prep 15 mins | cooking 60 mins

1½ cups (250g) gluten free plain flour (or plain flour)

2 tsp bicarb soda

1 tsp cinnamon, ground

¼ tsp salt

½ cup (125ml) extra virgin olive oil

180g (½ cup) Capilano Pure Honey

2 tsp vanilla extract

2 tbsp coconut or natural yoghurt

2 large eggs

3 large ripe bananas (400g), mashed

½ cup walnuts or dairy free choc chips (optional)

1 ripe banana, sliced

1 Preheat oven to 160°C (fan-forced). Grease and line base of a 13.5cm x 23.5cm loaf pan.

2 Place flour, bicarb soda, cinnamon and salt in a large bowl and mix to combine. Set aside.

3 In a large bowl, combine olive oil, honey, vanilla and yoghurt, whisking to combine well. Add eggs and banana, mix until well combined.

4 Sift flour, bicarb soda and cinnamon into wet mixture and fold gently until just combined. Add optional nuts or choc chips, fold gently.

5 Pour mixture into prepared loaf tin and place lengthways sliced banana on top. Bake for 40 minutes, then cover with foil and bake for an additional 20-25 minutes or until an inserted skewer comes out clean. Cool in pan briefly then turn onto rack to cool.

6 Store in an airtight container for up to 5 days, or allow to cool and slice and freeze in portions for up to 3 months.

✦ VARIATIONS

CHOC HAZELNUT SWIRL

Dollop your favourite choc hazelnut spread on the top of the batter, swirl to combine, then place bananas on top.

BERRY NICE

Boost the fruit content by folding ½ cup frozen blueberries or raspberries into the batter.

CHEESECAKE FILLED

Combine 125g cream cheese with 1 tbsp plain flour, 1 egg and 1 tbsp Capilano honey, mix until smooth. Fill loaf tin with 2/3 of the banana bread mixture, then top with cheesecake filling, then top with remaining 1/3 of the batter.

BANOFFEE TWIST

Swirl through dollops of your favourite caramel into the batter – either natural date caramel or salted caramel sauce.

SUPERFOOD BOOST

Garnish your banana bread with chia seeds, pepitas and sunflower seeds before adding banana slices on top.

TOASTY COCONUT

Create a toasty, coconutty twist by folding ¼ cup toasted coconut (shredded) into the batter, and sprinkle extra on top.



**PACKED WITH
HIDDEN VEGGIES!**

ONE BOWL WONDER BROWNIES

In need of a classic brownie, with hidden better-for-them ingredients? This is IT! Shredded sweet potato creates a chewy, moist brownie naturally sweetened with pure Capilano honey. Did we mention these can be easily made gluten and dairy free too?

serves 12 | prep 15 mins | cooking 25 mins

200g raw sweet potato, grated
125g butter, melted or ½ cup coconut oil, melted
180g (½ cup) Capilano Pure Honey
2 large eggs
2 tsp vanilla extra
60g cocoa powder, sifted
2 tsp baking powder
1 tsp bicarb soda
2 tbsp coconut flour
½ cup raspberries, fresh or frozen

- 1 Preheat oven to 180°C (fan-forced). Grease and line a 20x20cm brownie tin with baking paper.
- 2 In a large bowl, combine sweet potato, butter, honey, eggs and vanilla. Mix until combined.
- 3 Sift in cocoa powder, baking powder, bicarb soda and coconut flour. Mix well and transfer to prepared tin, top with raspberries.
- 4 Bake for 25 minutes or until an inserted skewer comes out just clean. Allow to cool completely before slicing. Store in an airtight container in the fridge for up to a week, delicious served warm with ice cream, yoghurt or coconut yoghurt!

CHOCOLATEY HONEY SCROLLS

The secret to these tender little 5 ingredient scrolls - Greek yoghurt! Simply mix, roll, spread generously with a chocolatey honey mixture and bake. The hardest part? Saving a couple for yourself!

serves 12 | prep 20 mins | cooking 30 mins

3 cups self-raising flour
2 cups Greek yoghurt
50g butter, melted
3 tbsp Capilano Pure Honey
1 tsp cocoa powder

DRIZZLE

3 tbsp Capilano Pure Honey
1 tsp cocoa powder

- 1 Preheat oven to 180°C (fan-forced) and grease a 12 hole muffin tin with butter or spray with oil.
- 2 Place yoghurt and flour in a mixing bowl and combine until mixture comes together in a ball. Turn out onto a floured bench top and knead until the dough becomes smooth and elastic (about 3-4 minutes).
- 3 With a rolling pin, roll out dough into a large rectangle about ½ cm thick. Combine melted butter, honey and cocoa powder and whisk until well combined (this may take a minute or 2). Spread mixture evenly over dough.
- 4 Roll dough into a log from the long side. Cut the log into 12 even pieces and place into the muffin holes with the spiral facing upwards. Place into the oven and bake for 25-30 minutes until golden. Remove from the oven and leave to cool slightly.
- 5 Meanwhile, prepare the drizzle. Combine additional honey and sift cocoa into a microwave-safe bowl. Microwave for 10 seconds until runny, then drizzle over scrolls and serve. If not serving immediately, set aside to cool completely then transfer to an airtight container, reserving honey to serve. When ready to serve, microwave until the scroll is warmed and drizzle over extra honey.

**THERE'S JUST 5 INGREDIENTS TO MAKING
THESE ADORABLE SCROLLS.
DIVINE SERVED WARM.**



CRANBERRY OAT BREKKIE BITES

Packed full of bananas, oats, tahini, pure Capilano Honey and cranberries, these biscuits are the ultimate morning breakfast on-the-go!

serves 12 | prep 10 mins | cooking 15 mins

3 large ripe bananas, mashed
¼ cup tahini paste
90g (¼ cup) Capilano Pure Honey
1 teaspoon vanilla extract
2½ cups rolled oats
1 teaspoon baking powder
¼ teaspoon ground cinnamon
¼ teaspoon salt
⅓ cup dried cranberries

1 Preheat oven to 180°C (fan-forced) and line 2 baking sheets with baking paper.
2 In a large bowl, combine bananas, tahini, honey and vanilla extract and stir until smooth. Add the oats, baking powder, cinnamon, salt and cranberries and stir until combined.
3 Roll 2 tablespoon-sized amounts of the mixture between your hands to form a ball, then place on the baking sheets 4cm apart and flatten with your hands.

4 Bake for 12-15 minutes or until oats are lightly golden. Remove from oven and set aside to cool.
5 Store in an airtight container in the fridge for up to a week or freeze for on-the-go snacks.

**PERFECT FOR FUSSY EATERS
OR SNACKS ON THE RUN.**



NO BAKE TAHINI HONEY BLISS BALLS

Listen up lunchbox adventurers, these aren't your run-of-the-mill bliss balls! One bite into these and you'll float away to a world of creamy choc-caramel goodness without the guilt. And they're nut-free to boot, winning!

serves 12 | prep 10 mins

1 cup rolled oats
90g (¼ cup) Capilano Pure Honey
2 tsp cocoa powder, sifted
10 pitted dates
1 tablespoon tahini
½ cup desiccated coconut + 2 tablespoons to coat

1 Combine rolled oats, honey, cocoa powder, dates, tahini and ½ cup coconut in a food processor and blend until smooth and well combined.
2 Place another 2 tablespoons desiccated coconut on a plate. Roll 1-tablespoon portions of mixture into balls. Roll in coconut to evenly coat. Place on a lined tray in the fridge for 1 hour or until set.

✦ TIPS

• Store bliss balls in an airtight container in the fridge for up to 2 weeks or in the freezer for up to 3 months. When ready to enjoy, simply thaw in the fridge.

**TAHINI AND CAPILANO HONEY
MAKE A HEAVENLY COMBO FOR
THESE NUT-FREE BLISS BALLS!**



BAKING WITH HONEY

In baking, honey contributes so much more than sweetness. It adds moisture, texture (chewiness) and lovely golden caramel notes. Read on for our top tips for baking with honey!

TOP TIPS FOR BAKING

#1 Check your recipe

Honey is best swapped in recipes containing brown sugar, golden syrup or maple syrup. Sometimes caster sugar can also be swapped.

#2 Reduce the liquid

Decrease the liquid component of your recipe by 25% for every cup (370g) of honey.

#3 Add bicarb soda

When baking with honey, you'll need bicarbonate of soda to balance honey's natural acidity. For recipes that don't already contain bicarb soda, add ½ tsp per cup of honey.

#4 Reduce oven temperature

Honey browns a little quicker than sugar, so reduce your oven temperature by 15°C when baking recipes with more than ½ cup of honey at temperatures over 180°C.

#5 Melt-and-mix wins

Look for melt-and-mix or oil-based recipes for best results. Honey substitution is trickier in recipes where butter and sugar are creamed. To make cleaning up easier, grease your measuring cup or spoon with baking spray, oil or butter before measuring honey.

✦ TIPS BY RECIPE TYPE

• **Cakes, biscuits, brownies** – Honey is great for swapping for sugar in bakes that are made with oil rather than butter (think carrot cake or banana bread), as well as moist, chewy brownies. For aerated baking, such as pavlova, sponge cakes, butter cakes, meringues or shortbread biscuits, stick to the original recipe as much as you can for best results.

• **Icings and sauces** – Whipped icings such as buttercream or cream cheese frosting can have some of the icing sugar swapped for honey – try Capilano Creamed Honey for best results or add 1-2 tbsp per 450g batch buttercream of liquid honey being careful not to overbeat. Ganache is also delicious with a little honey added – try adding 1-2 tbsp per 250ml batch.

• **Desserts** – Honey is ideal in cream-based desserts such as cheesecake, panna cotta, puddings or crême brulee. Swapping sugar with honey is also super simple in jellies, crumbles, poached or roasted fruits and self-saucing puddings, and who doesn't love summer fruits & cream! Give it a try soon!

CONVERSION GUIDE

CREATE IT WITH
Capilano
HONEY

1 CUP BROWN SUGAR → 1/2 CUP HONEY

1 CUP CASTER SUGAR → 1/2 CUP HONEY

1 TBSP MAPLE SYRUP → 1 TBSP HONEY

1 TBSP GOLDEN SYRUP → 1 TBSP HONEY

Use this guide as a starting point when switching to honey in your favourite recipes. For further information, visit capilano.com/honeyconversionguide

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WHAT MEMORIES ARE MADE OF.



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