



NATURALLY

BIOACTIVE

MANUKA HONEY MASTERCLASS

Discover Australia's sweetest
superfood, for everyday
health and wellbeing



FEEL THE BUZZ

There's no better time than now to activate your morning with a squeeze of Capilano Manuka Honey.

Rich in bioactive properties, this much researched superfood has achieved rockstar status in the honey world. Read on to discover why. You'll be feeling the buzz in no time.

- 4 How is Manuka honey different to other honeys?
- 6 Ways to enjoy Manuka honey
- 8 Health properties of honey
- 10 Health properties of Manuka honey
- 12 Breakfast recipes
- 20 Wellness tonic and remedy recipes
- 25 Sore throat soother recipes
- 30 DIY skincare recipes
- 34 Capilano Quality Guarantee



Give your
breakfast
a boost

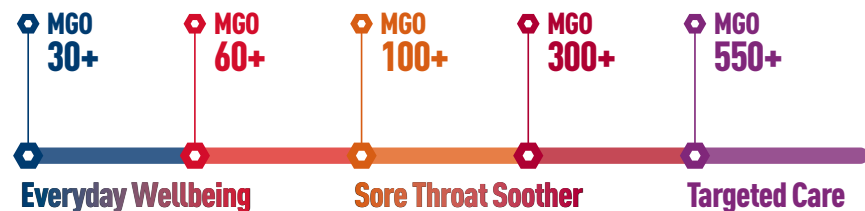
THE MANUKA HONEY DIFFERENCE

How is Manuka honey different to other honeys?

ANTIBACTERIAL & BIOACTIVE

Manuka honey contains a heightened stable form of natural antibacterial activity. Considerable research has been undertaken to determine the cause of this activity, which is attributable to the naturally occurring chemical Methylglyoxal (MGO).

MANUKA HONEY RATINGS EXPLAINED



MGO LEVEL	UMF or NPA EQUIVALENT
30+	2.7+
100+	6+
300+	11+
550+	16+

Active Manuka Honey is sold with varying levels of antibacterial activity, which can be measured using several different parameters.

MGO (Methylglyoxal), UMF (Unique Manuka Factor) and NPA (Non-Peroxide Activity) are all commonly used.



CAPILANO MANUKA HONEY RATINGS

As a member of the Australian Manuka Honey Association (AMHA) we are proud to bear the AMHA Mark of Authorisation or Authenticity on all Capilano Active Manuka Honey.

All Capilano Active Manuka Honey is independently tested to guarantee its Methylglyoxal (MGO) content, the key natural active compound responsible for the unique properties of Manuka honey.

Higher MGO values reflect increased activity levels.

MGO is also the centerpiece of the Australian Manuka Honey Association's honey rating system.



5 WAYS TO ENJOY MANUKA HONEY_

1. BY THE SPOONFUL

Try holding a spoonful of Capilano Manuka Honey in your throat to create a coating that helps to soothe those pesky, scratchy throats. It's also a sweet pick-me-up when you're busy and on the run.

2. IN TEA OR WARM DRINKS

Upgrade your favourite cuppa to a superfood sip!

3. BOOSTED BREAKFAST

Add a squeeze of Manuka to your favourite cereal, smoothie or yoghurt for a natural sweetener with bioactive benefits.

4. NO BAKE SNACKS

Bliss balls and muesli bars sweetened with the most precious honey on earth, we'll snack to that!

5. DIY SKINCARE

Create soothing, all-natural skincare with the naturally antibacterial properties of Manuka honey. Flip to page 30 for the recipes!



HONEY FOR BETTER HEALTH

Most of us have honey in our homes, but you may think it belongs in the pantry rather than in the medicine cabinet! While honey has been used for centuries as a beauty product and medicine, today people are still turning to active honey for its health benefits.

BIOACTIVE COMPONENTS

Honey sourced from Australian or New Zealand *Leptospermum* trees contains a unique compound called Methylglyoxal, which is the key component used to measure the antibacterial activity of Manuka honey. Honey also contains other bio-active ingredients such as hydrogen peroxide and non-peroxide activity, which is measured as Total Activity and appears on packaging as a TA+ number. In all forms of medicinal honey, the higher the number, the higher the level of activity of that honey.

ENZYMES

Honey can contain enzymes such as phosphatase, amylase, glucose oxidase, invertase, diastase and catalase [1]. These enzymes are involved in the ripening and preservation of the honey for the benefit of the bee larvae [2] and comes from the nectar itself or is added by the bees during the honey ripening phase. Invertase and glucose oxidase are also responsible for breaking down carbohydrates.

POLYPHENOLS

Phenolics such as coumaric acid, gallic acid and caffeic acid contribute to the antioxidant properties of honey [6]. The composition of polyphenols in honey varies widely by floral origin [4,5,6].

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.

TRACE ELEMENTS

Honey has been found to contain small amounts of 54 different minerals and elements from honeys examined all over the world [3]. These include potassium, sodium, iron, B vitamins and vitamin C.

1. Ropa Science Research. Comparison of Mineral and Enzyme Levels in Raw and Processed Honey. National Honey Board and American Analytical Chemistry Laboratories. Wisconsin, USA. p. 1-7.

2. 'Airborne. Honey Enzymes'

3. Solayman, M., et al. Physicochemical Properties, Minerals, Trace Elements, and Heavy Metals in Honey of Different Origins: A Comprehensive Review. 2016.

4. Gheldof, N., Wang, X. H., and Engeseth, N. J. (2002). Identification and quantification of antioxidant components of honeys from various floral sources. *J. Agric. Food Chem.* 50, 5870-5877. doi: 10.1021/jf0256135

5. Petretto, G. L., Cossu, M., and Alamanni, M. C. (2015). Phenolic content, antioxidant, and physico-chemical properties of Sardinian monofloral honeys. *Int. J. Food Sci. Technol.* 50, 482-491. doi: 10.1111/ijfs.12652

6. Cianciosi, D., et al. (2018) Phenolic Compounds in Honey and their Associated Health Benefits: A Review. *Molecules.* 23, 2322. doi:10.3390/molecules23092322

WHAT ARE THE RESEARCHED HEALTH PROPERTIES OF MANUKA HONEY_

In a quest to uncover the medicinal properties of food, researchers all over the world are studying the health properties of active Manuka honey. Here are some of the leading research findings to date:

PUBLISHED RESEARCH



AUSSIE MANUKA MORE POTENT

Recent research has shown Australian active Manuka honey to be even more potent than “hospital grade” Manuka honey from New Zealand. You can read more here:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0167780>



WOUND HEALING SKINCARE

Molan, P.C. (2011). The evidence and the rationale for the use of honey as wound dressing. *Wound Practice and Research*, 19(4), 204-220.

<https://researchcommons.waikato.ac.nz/handle/10289/6095>



ANTIBACTERIAL & ANTI-INFLAMMATORY

Johnston, M., et al (2018). Antibacterial activity of Manuka honey and its components: An overview. *AIMS Microbiology*, 4(4):655-654
Bean, A. (2012). Investigating the Anti-inflammatory Activity of Honey (Thesis, Doctor of Philosophy (PhD)). University of Waikato, Hamilton, New Zealand. Retrieved from <https://hdl.handle.net/10289/6218>



FEEL A HEALTHIER BUZZ_

Activate your morning with Manuka

It's easy to feel a healthier buzz each morning by simply swapping your favourite honey to Capilano Manuka Honey.

Our MGO 30+ is smooth, sweet and delicious on your favourite cereal, toast, yoghurt or porridge combinations!

DISCOVER EASY WAYS TO ENJOY CAPILANO MANUKA HONEY AT BREAKFAST.



Try a squeeze on your avo

Upgrade your avo toast to this delicious sweet-salty superfood combo. A sprinkle of feta and chilli flakes makes it extra tasty.



ALL DAY FUEL

Stay energised all day with this nutrient dense combination of oats, blueberries, yoghurt and Capilano Manuka Honey.



Comforting Manuka porridge

Is there anything as comforting as a big bowl of porridge with honey? Why not give it a Manuka buzz next time...

Activate a classic

Give your Weet-Bix, bananas and honey the star treatment with a Manuka superfood squeeze.



JUST SQUEEZE

Smooth, rich and sweet, Capilano Manuka Honey has a taste the whole family will love.

SUPER SMOOTHIE BOWLS_

Fun to make and eat, our spoonable smoothie bowls look as pretty as they taste. An easy way to enjoy your daily serve of fruits, vegetables and vitamins!

BASE RECIPE (SERVES 2)

2 Bananas, frozen, chopped
4-6 Ice cubes
½ Cup milk or nut milk of choice
⅓ Cup yoghurt
2 Tsp almond or cashew butter
2 Tbsp rolled oats
1 Tsp vanilla extract
1 Tbsp Capilano Manuka honey, plus extra to serve.

METHOD

Combine all ingredients in a high powered blender.

Process until smooth and adjust thickness to desired consistency by adding more milk.

STRAWBERRY SQUEEZE

Swap 1 banana for 1 cup of frozen strawberries in base recipe. Top with strawberries, goji berries, toasted almonds and a Capilano Manuka Honey drizzle!

CHOC HAZELNUT DREAM

Add 2 tsp cacao or cacao powder to base recipe. Top with hazelnut spread, toasted hazelnuts, coconut, choc chips and a Capilano Manuka Honey drizzle!

PINEAPPLE, AVOCADO, SPINACH

Swap 1 banana for 1 cup of frozen pineapple. Add a handful of spinach and ½ an avocado to base recipe. Top with berries, granola clusters and a Capilano Manuka Honey drizzle!



MANUKA OVERNIGHT OATS_

Overnight oats are meal-prep wonder. Simply mix everything in a bowl, chill overnight and wake up to a melding of creamy, dreamy sweet nourishing flavours.

BASE RECIPE (SERVES 2)

2 Tbsp almond butter
1 Tbsp Capilano Manuka Honey, plus extra to serve
½ Cup Greek-style yoghurt
1 ½ Cups milk or nut milk, plus extra to serve
1 Cup cooked white quinoa
1 Cup rolled oats

METHOD

Combine all ingredients in a large bowl, mix well.

Cover and chill overnight, then add additional milk to soften.

Divide into bowls and top with fruit, nuts, seeds and Capilano Manuka Honey to serve. Mixture will keep chilled for up to one week.

TURMERIC AND COCONUT

Add 1 tsp turmeric and swap milk to coconut milk in base recipe. Top with mango, passionfruit and coconut flakes to serve.

PISTACHIO POMEGRANATE

Top with unhulled tahini, pistachios and pomegranate arils.

BERRY YOGHURT

Top with extra yoghurt, strawberries, chia seeds & pepitas.

ALMOND CHOC CHIP

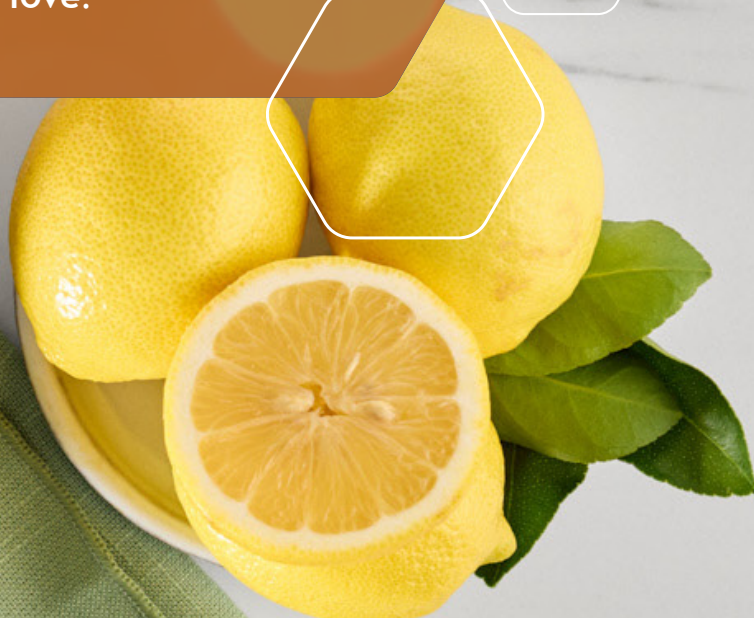
Top with almond butter, chopped almonds and dark choc chips.

YEAR ROUND WELLBEING_

Wellness tonics and remedies

Feel good from the inside out with these year-round wellness tonics, elixirs and shots.

Packed full of anti-inflammatory and antioxidant ingredients, Capilano Manuka Honey gives them a smooth, sweet taste and bioactive benefits the family will love.



Manuka Honey & Lemon Water_

Start your day the bioactive way with a glass of zesty lemon Manuka water. Your body will thank you for it.

Simply combine 2 teaspoons of Capilano Manuka Honey with fresh lemon slices and warm water. Mix to combine. Add a bit of fresh ginger for an extra winter warmer!



HEALTHY HABIT

Keep your MGO 300+ Manuka near your kettle to remind you to squeeze into warm water each morning!

Turmeric, Orange & Manuka Elixir

This sweet elixir is a refreshing way to kick-start your day. With the natural benefits of lemon, earthy turmeric and Manuka honey, this soothing, potent and naturally healing superfood blend is perfect for relieving sore and scratchy throats.

INGREDIENTS

½ Cup Capilano Manuka Honey
2-4 Tbsp freshly grated ginger
2 Tsp ground turmeric, or freshly grated turmeric
Grated zest of 1 lemon, 2 Pinches ground black pepper

METHOD

Stir all ingredients together in a bowl.

Taste and add more ginger or turmeric if required. The mixture should be flavourful as you only use a small amount.

Enjoy by adding a teaspoon or two to a cup of hot water or to your favourite tea.

Store in a glass container in the fridge.

TIP: Add in the juice from some fresh ginger to start your day with a kick or dilute into some tap water for little ones with sensitive taste buds.



DID YOU KNOW...

This golden elixir is naturally caffeine free and a zingy start to the day!

Beetroot, Ginger, Lemon and Manuka Shots

There are so many ways to enjoy the taste and widely studied health benefits of Capilano Manuka Honey, including in this vibrant, uplifting wellness shot. Blend sweet Manuka, zesty lemon and zingy ginger for a quick and tasty shot.

INGREDIENTS

¼ Cup Capilano Manuka Honey
5 Beetroot, peeled and cut into small pieces
1-2 Inches ginger root or 1 Tbsp ginger powder
1 Fresh lemon

METHOD

Wash and scrub the beetroot and ginger.

Peel and cut the beetroot into small pieces that will fit into a juicer.

Feed the ginger and then beetroot through the juicer.

Squeeze the lemon separately.

Add ginger, beetroot and lemon juice to a blender with Capilano Manuka Honey. Blend.

Store in an airtight glass jar in the fridge for 2-3 days.

TIP: Dilute with sparkling or mineral water for a zesty non-alcoholic spritz!



Apple Cider Vinegar & Manuka Shot_

This health shot combines the benefits of Manuka honey, cinnamon and bitter apple cider vinegar with “the Mother” (a living mixture of friendly bacteria, minerals and enzymes). The result is a natural health shot and tasty home remedy for helping you to feel your best every day.

INGREDIENTS

1 Tbsp Capilano Manuka Honey
1 Tbsp warm water, or more if desired
1 Tbsp Barnes Naturals Organic Apple Cider Vinegar with “The Mother”
1 Dash ground cinnamon

METHOD

Whisk warm water and Capilano Manuka Honey until combined.

Stir in the apple cider vinegar and cinnamon.

Pour into a shot size glass and enjoy!

TIP: Double the recipe and store the shots in small bottles in the fridge for a grab-and-go morning wake-up.

COUGH AND COLD SEASON_

Nature's sore throat soother

Looking for a natural home remedy to help kick a sore, scratchy throat or persistent cough? Look no further than these tasty all-natural cough syrups made using nature's sweetest superfood, bioactive Manuka honey!

Berry Manuka Cough Syrup

Berry sweet, this natural cough mixture is perfectly soothing for kids! Simply combine frozen or fresh berries, Capilano Manuka Honey and a hint of mint and they'll have a spring in their step in no time!

INGREDIENTS

½ Cup Capilano Manuka Honey
1 Cup of frozen berries
1 Cup water
1-2 Fresh mint leaves

METHOD

Add frozen berries, water and mint leaves to a pan and bring to the boil. Reduce the heat and simmer while stirring for about 5 minutes, or until the berries have cooked down.

Remove from the heat. Strain well.

Add Capilano Manuka Honey and stir to help dissolve.

Transfer and store in an air tight glass jar.

STORAGE: Keep in the refrigerator for up to two months, shaking before use

Discover more health remedies and recipes for Manuka honey on our website. Simply scan this code.



Garlic Ginger Manuka Cough Syrup

Create the ultimate spoonful of goodness with this garlic, ginger and Capilano Manuka Honey cough syrup. A trusty, natural home remedy for sore throat relief, that harnesses the antimicrobial and health-supporting benefits of our Aussie Manuka.

INGREDIENTS

½ Cup Capilano Manuka Honey
10 Small garlic cloves (or 5 large)
1 Piece ginger, 1-2 inches (2-4cm)
Water (optional)
Lemon juice (optional)

METHOD

Peel garlic cloves and ginger, put them into a jar, and cover with Capilano Manuka Honey.

Set in a warm place for 2 weeks or more until garlic and ginger turns opaque.

Dilute with a dash of water and a squeeze of lemon juice (optional).

Take 1 teaspoon as needed for sore throat relief, or add to your savoury recipes.

STORAGE: Fermented honey is naturally antibacterial, and can be kept for up to 3 months when sealed and left in a cool dark cupboard.



MGO 550+ Manuka Honey

High in naturally occurring methylglyoxal (MGO) this honey is perfect for winter remedies.



Lemon & Manuka Cough Syrup_

Create your own homemade cough syrup with Manuka honey, zesty lemon and thyme leaves. A jar of this natural home remedy is a must-have for when a scratchy throat strikes – plus you get to benefit from the naturally occurring minerals, trace elements, vitamins, polyphenols, proteins and enzymes honey has to offer.

INGREDIENTS

½ Cup Capilano Manuka Honey
1 Fresh lemon chopped, cut into wedges or slices
A handful of fresh garden thyme (optional)

METHOD

Layer the thyme and lemon pieces in a jar and cover with Capilano Manuka Honey. Ensure the lemon is completely submerged.

Remove any bubbles by running a butter knife around the inside of the jar.

Place in the refrigerator. The honey will naturally pull liquid from the lemons, creating a watery texture.

Shake before use. Take 1 teaspoon as needed.

TIP: Dilute in warm water for a herbal and fragrant tea

STORAGE: When sealed, this syrup can be kept in the refrigerator for up to 2 months.



Lime Mint & Manuka Cough Syrup_

Searching for a natural remedy to get rid of your dry, sore throat? Manuka does the trick when added to a fresh, zingy cough syrup. This quick and easy recipe combines Manuka honey with citrusy lime and soothing mint.

INGREDIENTS

1 Cup Capilano Manuka Honey
¼ Cup water
4 Fresh limes, or enough for ¼ cup of fresh lime juice
2-4 Sprigs fresh mint leaves

METHOD

Wash limes and sprigs of mint.

Squeeze enough limes to make ¼ cup of lime juice.

In a small saucepan, add water and 1 sprig of mint, adjusting the amount to your taste. Bring to a boil and then immediately remove from the heat.

Remove mint leaves. Add lime juice and Capilano Manuka Honey, stir well until mixed

TIP: Dilute in warm water to create a herbal tea

STORAGE: When sealed, this syrup can be kept in the refrigerator for up to 2 months.



ALL NATURAL DIY BEAUTY_

Harness the soothing, calming and nurturing properties of Manuka honey and a few pantry staples to create the ultimate natural skincare routine or fun pampering night in with friends and family!

Manuka Matcha Face Mask_

Two superfoods combine to create this potent home beauty face mask for hydrated and radiant skin.

INGREDIENTS

2 Tsp Capilano Manuka Honey
1 Tbsp matcha green tea powder
3-6 Drops of your preferred essential oil
½ tbsp boiled water

METHOD

Add all ingredients into a small bowl or jar and whisk to create a thick paste.

Apply liberally to damp skin and leave on for 15-20 minutes before rinsing off with warm water.

Enjoy a refreshed complexion and smooth calm skin.

STORE: Keep in a sterilised container in the fridge for up to 2 weeks.

Manuka Honey Body Balm_

Not only does it smell wonderful, but this moisturising body balm is ideal for dry elbows, tired feet and dry skin in winter.

INGREDIENTS

2 Tsp Capilano Manuka Honey
¼ Cup coconut butter
¼ Cup coconut oil
¼ Cup shea butter
3-4 Drops of your favourite essential oils

METHOD

Heat shea butter, coconut oil and coconut butter in a small saucepan until completely melted.

Remove mixture from the heat and allow to cool until the colour is opaque (around 30 minutes).

Break apart mixture and whip using a hand mixer on its lowest setting, while mixing, add Manuka honey and essential oil.

STORE: Keep in a sterilised container in the fridge for up to 2 weeks



THE PERFECT GIFT

Combine a jar of this balm with a pack of Capilano Manuka Honey and herbal tea for a sweet, caring 'just because' gift.



Manuka Honey Sugar Scrub_

When it comes to skincare, Manuka honey is a soothing and hydrating way to incorporate natural ingredients into your daily routine. Use this scrub to gently exfoliate and revive tired skin.

INGREDIENTS

180g (½ cup) Capilano Manuka Honey
1 Cup sugar
1 Lemon (squeezed)

METHOD

Add sugar and lemon juice to a mixing bowl and stir to combine.

Add honey and mix thoroughly.

Transfer to a sterilized jar and store in cool, dry conditions.

Manuka Honey Oat Bath Soak_

Enjoy the healing properties of honey and oats in this soothing bath soak. The heavenly smell of chamomile will soothe your senses too!

INGREDIENTS

180g (½ cup) Capilano Manuka Honey
1 Cup oats
2 Cups of oat milk or water
¼ Cup chamomile tea

METHOD

Combine all ingredients to a glass container and stir.

Pour mixture into a running warm bath and enjoy!



SO SOOTHING

Harness the skin-soothing properties of methylglyoxal with high strength MGO550+ Manuka Honey.



So soothing,
your skin will
love this!



QUALITY GUARANTEE_

It's what we don't
do that makes our
honey, Australia's
favourite honey.

Our honey is unchanged, unspoilt, unadulterated – completely natural, beekeeper – sourced, pure Australian honey.

To bring you this world-class nutritious honey, our beekeepers spend long hours driving between apiary sites, checking hives and collecting honey-filled combs, to give their bees the best in-season flowers to forage upon.

All Capilano beekeepers produce, extract and store their honey in compliance with our audited Quality Assurance program.

And our process isn't complete without regularly testing our honey for utmost purity. We're proud to bring families only the best, 100% pure Australian honey.



100% AUSTRALIAN HONEY FROM HIVE TO HOME_

From the world's healthiest honey bees*

Capilano honey is rich in flavour thanks to our bees – arguably the healthiest in the world. Australia is largely free from major pests and diseases seen in other bee populations around the globe, so our bees produce full flavoured honey with natural enzymes, trace minerals and vitamins.

*Source: CSIRO, Issue 215 Agriculture, Biosecurity, January 2016

Pristine floral diversity

Australia's sun-drenched, rugged country has floral diversity – unmatched anywhere else on earth – perfect for happy, healthy bees. To support the nutritional requirements of the colony, Capilano beekeepers move the hives to various naturally rich and diverse environments. This allows bees to forage on a range of flora, with much of our honey supply coming from Eucalypt tree varieties.

Hive-ripened and hand harvested

All Capilano sourced honey is naturally dried by the bees and ripened in the hives. Once ready, the honey is collected by hand, carefully extracted from the frames and sent to Capilano where we quality test and pack the honey.



BPA free, more sustainable packaging

All packaging for Capilano honey is BPA free and we're signatories to the Australian Packaging Covenant plan, which aims to reduce the impact of packaging on the Australian environment. With innovations in packaging and recycling capabilities, more than 95% of Capilano packaging is now recyclable. We are also progressively changing the materials used in our plastic bottles so more and more of these are made with recycled plastic too.

For our generation and the next

We're 100% committed to a sustainable apiculture industry and the next generation of beekeepers – Australia depends on it. Without Aussie beekeepers and their bees, our food supply and natural environment would be severely impacted. We're leading our industry towards sustainability by nurturing the next generation of beekeepers, investing in critical scientific research, and sharing our knowledge of evolving beekeeping and business practices.

State-of-the-art testing

We test, test, test and test again. To create Australia's purest honey, we test for colour, moisture, flavor, pesticides, antibiotics, adulterants and other residues. Our honey is verified 100% pure by independent, world-leading laboratories.



Discover more about Capilano

Join us online at [capilano.com](https://www.capilano.com)

  @capilano #honeylovers