



CAPILANO.

Kids Snacks

**Fun, Fast and Fussy
Eater Approved**



APPLE NACHOS

PAGE (12)

FUSSY-EATER APPROVED

Hello honey lovers, welcome to Honey-Packed Kids Snacks! A little-tastebud-approved book full of tips, tricks and ideas to keep your children happy and nourished throughout the school holidays and beyond!

Whether you've got 15 minutes or a full day to spare, the parents of Capilano have worked alongside The Capilano Kitchen to curate their favourite tried-and-tested recipes to make pleasing even the fussiest kids a little bit easier.

So take a seat, re-fill your cup of coffee and get excited to bake, educate and create alongside your little ones with this Fun, Fast and Fussy Eater Approved book of sweet snacks!

~ The Capilano Honey team.

#OozesAustralia #HoneyLovers





FRESH STRAWBERRY

HONEY ICY POLES

(PAGE 13)

HONEY PACKED KIDS SNACKS

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5 EASY SCHOOL HOLIDAY ACTIVITIES



TAKE A BEE TOUR OF YOUR

GARDEN OR LOCAL PARK

Our buzzing little friends are always out-and-about. Next time you're on a sunny afternoon stroll, take a look at the native plants around you, and you might just find a very excited little honey bee inside!



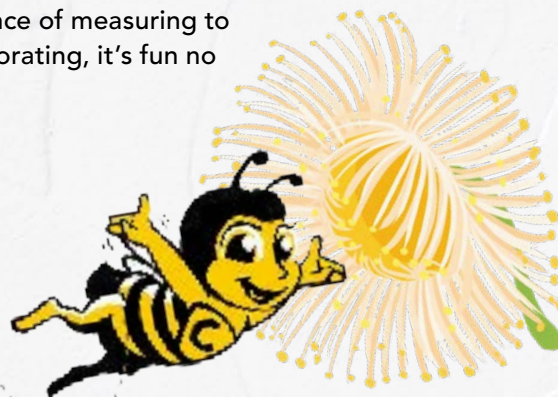
CREATE A HOME CINEMA

Take some old sheets and wrap them around some chairs, securing them with pegs from the clothesline and finish with lots of pillows. There's no better place for them to enjoy their homemade honey snacks than in their own private cinema!



LEARN A NEW COOKING SKILL

There are so many ways your kids can get involved in baking and creating. From learning the importance of measuring to hand-mixing and decorating, it's fun no matter their age.



PLANT SOME BEE-FRIENDLY FLOWERS

The best way to help our little honey-making friends is by planting flowers all year round! No matter where you live, bees are attracted to sunshine, colour and fresh water, so why not find some native flowers to plant in the garden, and keep them hydrated with a shallow fresh-water bath!?



TRY A HONEY TASTING!

Have a few honey varieties at home? Close your eyes and see if you and your little ones can taste the difference, with notes varying from rich and caramel, to light and fruity - you might be surprised how unique each honey type can taste!



DOWNLOAD OUR FREE

EDUCATIONAL EBOOK

Discover the magical world of bees! Ideal for school projects, parents, teachers and honey lovers, this ebook is the perfect way to discover the wonderful world of bees, honey and pollination.

DOWNLOAD NOW

SWEET HACKS FOR FUSSY LITTLE EATERS!

Tackling the challenge of a picky eater can be difficult! Luckily, we have some sweet hacks up our sleeves to help them enjoy new, tasty and nutritious foods.

TRY VEGGIE CHOC BROWNIES!

You'd be surprised just how many healthy fruits and veggies can be added to the humble choc brownie! From sweet potato (see our recipe on page 26) to avocado, beetroot, carrot and even zucchini! The sweet mix of honey and chocolate can disguise it all.

BREAKFAST IS KEY

The best time to introduce new foods is breakfast! Little ones are much more likely to fill their grumbling bellies with fresh fruit, grains and other bits in the morning. Need to up their fruit intake? Try our Manuka Honey Apple Nachos (page 12), with little-tastebud-approved Capilano Manuka Honey MGO 60+ for a fun take on a fruit salad!

TRY HEALTHIER VERSIONS OF

SUGAR-PACKED SNACKS

What kid doesn't love fruit roll-ups or cordial icy-poles? Swap out the refined sugar-laden originals for homemade fruit-based versions. See our Easy Real Fruit Honey Roll-Ups (page 14) and Fresh Strawberry Honey Icy Poles (page 13).

TAKE THEM SHOPPING

WITH YOU!

It might take a little longer, but getting your little ones excited about their fruits and veggies can be very helpful when trying to get them to eat them later. Let them help you choose the PERFECT watermelon, or have them select a new veggie to try!

LET THEM GET INVOLVED IN

THE PROCESS.

Whether they're helping wash the veggies, hand-roll the dough, or decorate the final result, getting your little ones involved when making their food gives them a sense of achievement (and they're much more likely to try it after!).

CONVERSION GUIDE

CREATE IT WITH
Capilano
HONEY

SUGAR TO HONEY

 **1 CUP**
(220g) →  **1/2 CUP**
(180g)

 **3/4 CUP**
(165g) →  **1/3 CUP**
(120g)

 **1/3 CUP**
(73g) →  **2 TBSP**
(60g)

 **1/4 CUP**
(55g) →  **1 1/2 TBSP**
(45g)

 **1 TBSP**
(17g) →  **2 TSP**
(14g)

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

PRINT OR SCREEN GRAB THIS PAGE FOR YOUR NEXT BAKE OFF!



15 MINS
PREP TIME
RECIPES

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 yogurt (thick-style)
60g (2 tbsp) Capilano Active Manuka Honey MGO60+

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.



**TRY THESE ON
APPLE NACHOS**
(SEE NEXT PAGE)

APPLE NACHOS

Layers of sweet honey and apple contrast creamy almond butter and crunchy bran sticks in this healthy take on dessert nachos. A delicious after-school snack - and a fun recipe the kids can get involved in. Get creative with your toppings and don't forget the best part - naturally bioactive Manuka Honey!

serves 2-4 | prep 15 mins

2 apples
60g (2 tbsp) Capilano Manuka Honey MGO60+

YOUR CHOICE OF TOPPINGS:

Cacao nibs, almond flakes, coconut flakes, raisins, chopped dates, granola clusters

WE USED:

2 tbsp bran sticks
½ cup almond butter
1 lemon (juice)
¼ cup Rainbow Manuka Honey Yoghurt Drops

1 Wash, core and cut the apples into thin slices.

2 Dip one end of each apple slice in almond butter to coat. Place to form a spiral pattern on a flat plate.

3 Squeeze over lemon juice and sprinkle bran sticks and yoghurt drops.

4 Drizzle Capilano Manuka Honey MGO60+ generously over the top, and serve immediately.

TANYA SAYS:

"PRE-CUT THE APPLES, AND KEEP A BATCH OF MANUKA DROPS IN THE FREEZER FOR A PARTY-WORTHY SNACK IN A FLASH."



FRESH STRAWBERRY HONEY ICY POLES

There's nothing more refreshing than enjoying a fruity homemade icy pole in the Aussie sun. This recipe features fresh fruit, coconut water, a squeeze of lemon and our Capilano Organic Raw and Unfiltered Honey for a refined-sugar-free treat that's sure to brighten your day.

serves 6 | prep 10 mins | freezing 4 hrs

330g (2 cups) fresh strawberries hulled and washed
500ml (2 cups) coconut water
120g (½ cup) Capilano Organic Raw & Unfiltered Honey
Squeeze of lemon juice
Optional: Additional fresh strawberry slices

1 Add strawberries, water, lemon juice and Organic Raw & Unfiltered Honey to a blender - pulse until smooth, pausing to scrape down sides as needed.

2 Divide the mixture evenly between the icy pole moulds and insert a paddle pop stick. Optional: Add additional fresh strawberry slices for decoration

3 Place in freezer for 4 hours or overnight until set hard.

4 To remove icy poles, run them under warm tap water until small bubbles start to form and they release easily from the moulds.

MICHELLE SAYS:

"UP THEIR FRUIT INTAKE WITH FRESHLY SQUEEZED APPLES AND BERRIES

...OR ORANGE AND PINEAPPLE JUICE."



EASY REAL FRUIT HONEY ROLL-UPS

Homemade treats are a fun and natural way to enjoy a healthier version of traditional sugar-filled snacks. All you need is three simple ingredients (no fancy equipment needed), including the nourishing addition of kid-approved bioactive Manuka Honey!

serves 4 | prep 10 mins | dehydrate 4-6 hrs

2 cups fresh seasonal fruit
(Apricot, Apple, Mango, Banana - creamy fruits work best for this recipe)
60g (2 tbsp) Capilano Active Manuka Honey MGO60+
Squeeze of lemon juice

1 Slice 2 cups of your fruit of choice into small chunks and pulse in a food processor until smooth.

2 Add Capilano Manuka Honey and fresh lemon juice - pulse again.

3 Pour fruit mixture onto pre-prepared baking pan or tray lined with baking paper and spread mixture evenly (around 0.5cm thick).

4 Dehydrate mixture in the oven at 60°C (fan-forced) or as low as the oven will go, for 4-6 hours, or until fruit mixture is no longer sticky.

4 Allow mixture to cool before peeling from the baking paper. Using clean scissors, trim edges and cut roll-ups into long strips.

Tip: the roll-ups texture will be even better the next day once the fruit has congealed.

To store: keep refrigerated for up to 7 days for best consistency and texture.

RENEE SAYS:

"EXPERIMENT WITH FLAVOUR COMBINATIONS - INCLUDING GREENS LIKE SPINACH! THEY'LL NEVER TASTE THE DIFFERENCE!"



HONEY PIKELETS

The beautiful thing about pikelets is that they're quick, easy to prep and can be topped with a bounty of different flavours and textures. We've added a little cocoa powder to our honey for an all natural, nut-free chocolatey topping.

serves 12 | prep 10 mins | cooking 10 mins

BASE

1 cup self-raising flour
60g (2 tbsp) Capilano Pure Honey
¾ cup milk
1 egg
Butter, to cook

TO DECORATE

2 tbsp Capilano Pure Honey
1 tsp cocoa powder
Fresh berries, nut-free granola, coconut & chia

1 In a small jug whisk together the milk, egg and honey until combined.

2 Place flour in a bowl and make a well in the centre. Pour the milk mixture into the flour and whisk until smooth.

3 Heat a large non-stick frying pan over low-medium heat. Add ½ teaspoon butter to the pan.

4 Dollop 5 - 7 heaped tablespoons of the mixture into the pan. When bubbles begin to form around the edges and the bottom is golden, flip the pikelets and cook for another minute until the other side is golden.

5 Remove and repeat with remaining pikelet batter. To serve, combine honey and sifted cocoa powder, mix well until smooth. Dollop onto pikelets and top with fresh fruit, granola and chia.

MICHELLE SAYS:

"ADD (LSA)LINSEED SUNFLOWER AND ALMOND MEAL INTO THE PIKELET MIX TO SUPERCHARGE THEIR MORNING."



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 | set 1-2 hrs

80ml (4 tbsp) fresh juice or poppers – eg orange, raspberry, black currant juice
60g (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.

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 Raw & Unfiltered Honey, peanut butter and a hint of vanilla, they're a wholesome boost for the busy bees in your family!

serves 12 | prep 10 mins | freezing 2-3 hrs

½ cup peanut butter
½ cup coconut oil
1 tsp vanilla extract
120g (½ cup) Capilano Raw & Unfiltered 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 Raw & Unfiltered 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.

To store: keep bars in an airtight container in the fridge for up to 5 days.



MANUKA 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
- 30g (1 tbsp) Capilano Active Manuka Honey MGO30+, plus extra to serve

1 Combine all ingredients in a high powered blender.

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

STRAWBERRY SQUEEZE

Swap 1 banana for 1 cup frozen strawberries in base recipe. Top with strawberries, goji berries, toasted almonds and a Capilano Manuka Honey MGO30+ drizzle!

CHOC HAZELNUT DREAM

Add 2 tsp cacao or cocoa powder to base recipe. Top with hazelnut spread, toasted hazelnuts, coconut, choc chips and a Capilano Manuka Honey MGO30+ drizzle!

PINEAPPLE, AVOCADO, SPINACH

Swap 1 banana for 1 cup frozen pineapple. Add a handful of spinach and ½ an avocado to base recipe. Top with berries, granola clusters and a Capilano Manuka Honey MGO30+ drizzle!

HONEY APPLE OATMEAL COOKIE BITES

Enjoy yummy cookie bites, refined sugar free... all thanks to our kid-approved Capilano Manuka Honey MGO 30+! These quick snacks give a quick on-the-go-boost and taste like little apple cinnamon flavoured balls of cookie dough, yum!

serves 20 | prep 10 mins | set 1 hr

2 cups rolled oats
150g (5 tbsp) Capilano Manuka Honey MGO 30+
½ cup almond butter
1 medium apple, grated
¼ cup ground flaxseed
1 tsp cinnamon

1 Combine oats, flaxseed and cinnamon in a bowl. In another bowl, stir together Manuka Honey and almond butter.

2 Combine wet and dry ingredients with grated apple. Mix well.

3 Use hands to shape mixture into small balls.

To store: keep in an airtight container in the fridge for up to 4 days.



HONEY CEREAL YOGHURT BARK & CUPS

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 4 | prep 15 mins + freezing

2 cups yoghurt
60g (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.

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



**BITE SIZED
TREATS**

NO BAKE HONEY GRANOLA BITES

Sweet and chewy, without all the refined sugar. These mouth-watering bites are a great option for a healthier party snack. Any leftovers will make a great addition to lunchboxes - but don't count on there being any left!

serves 20 | prep 10 mins | set 1-2 hrs

1¼ cup rolled oats
½ cup almond butter
90g (¼ cup) Capilano Pure Honey
⅓ cup sultanas
⅓ cup sunflower seeds

1 Add all ingredients to a bowl. Stir until wet and dry ingredients are combined.

2 Use hands to shape mixture into small balls.

3 Place on a baking paper-lined tray and set in the fridge until hard (around 1-2 hours).

To store: store in the fridge in an airtight container for up to 2 weeks.



NUT-FREE MANUKA CHOCOLATE BLISS BALLS

Bioactive Manuka honey, chewy dates, rich coconut cream and chocolatey cacao roll into balls of goodness to create this perfect lunchbox-approved snack. Packed with whole lot of energy, these good-for-you treats will give them the boost they need for the school day.

serves 15 | prep 10 mins | set 1-2 hrs

1 cup dates, (Medjool if possible)
1 cup dried apricots
1 cup rolled oats
1 tbsp coconut cream
¼ cup dark chocolate chips
1 tbsp cacao powder
30g (1 tbsp) Capilano Active Manuka Honey MGO100+
1 tsp vanilla extract (optional)
Pinch of salt

1 Combine all ingredients in a food processor and pulse until well combined.

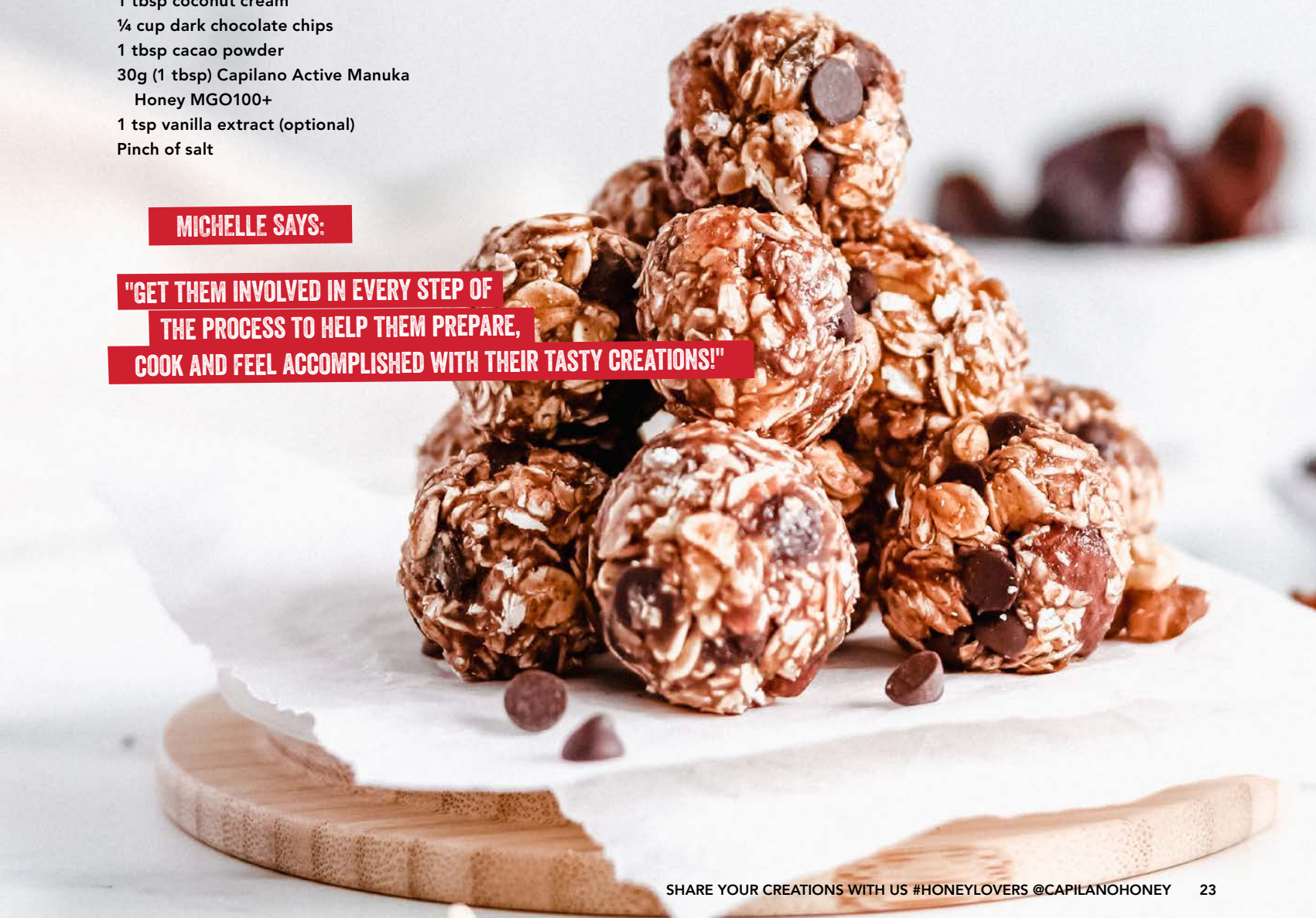
2 Use hands to shape mixture, pressing into balls.

3 Place bliss balls into fridge and leave for 1-2 hours to set.

To store: keep in airtight container in the fridge for up to 2 weeks.

MICHELLE SAYS:

"GET THEM INVOLVED IN EVERY STEP OF THE PROCESS TO HELP THEM PREPARE, COOK AND FEEL ACCOMPLISHED WITH THEIR TASTY CREATIONS!"





30 + MINS
PREP TIME
RECIPES

CHOC-CHIP HONEY BAKED OATS

Goey peanut butter, warm melted choc-chips, smooth Capilano honey and chewy cakey oat flour – overnight oats have taken the foodie world by storm! The best bit? They're super easy to make, so customisable (frozen berries are a great addition), and you can prep them ahead for the week.

serves 1 | prep 10 mins | cooking 30 mins

1 cup rolled oats
1 medium-sized banana
½ cup milk (or alternative milk)
2 tbsp peanut butter (1 for batter, 1 for filling)
30g (1 tbsp) Capilano Pure Honey
½ tsp baking powder
½ tsp cinnamon
Pinch of salt
Chocolate chips (or cacao nibs)

1 Preheat the oven to 180°C

2 In an oven-friendly ramekin, add mashed banana, half the peanut butter, milk, Capilano Pure Honey, cinnamon, baking powder and salt. Stir until well combined. Add oat flour and fold in carefully.

3 Create a well in the centre of the ramekin, and add the remaining peanut butter and a sprinkle of choc chips. Push the peanut butter and chips into the centre and ensure they are covered by the batter. Top with more choc chips.

4 Bake for 30 minutes, and drizzle with extra Capilano Honey to serve.

RENEE SAYS:

**"SWAP THE CHOC-CHIPS FOR CACAO NIBS,
FROZEN BERRIES... OR BOTH!"**



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 extract
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!

TANYA SAYS:

"LOWER THE GLUTEN WITH NUTMEAL AND ALTERNATIVE FLOURS"

(LIKE COCONUT FLOUR USED IN THIS RECIPE!)

CHEESY PIZZA HONEY SCROLLS

Who knew scrolls were this easy!? Greek yoghurt and self-raising flour form the base, then you can go ham with the toppings!

serves 12 | prep 20 mins | cooking 35 mins

3 cups self-raising flour
2 cups Greek yoghurt
50g butter
90g (¼ cup) Capilano Pure Honey
Handful of baby spinach (chopped)
½ cup sliced deli ham (chopped)
2 tbsp tomato paste

1 Preheat oven to 180°C (fan-forced). Grease a 25cm x 15cm baking tray with butter or spray with oil.

2 In a mixing bowl, combine yoghurt and flour and mix with hands until it comes together in a ball.

3 On a floured bench, knead dough until smooth and elastic (about 3-4 minutes) and with a rolling pin, roll dough into a large rectangle about 0.5cm thick.

4 Spread with tomato paste. Distribute baby spinach, ham and half the cheese evenly over dough. Finish with a generous squeeze of Capilano Pure Honey.

5 Roll dough into a log from the long side. Cut into 12 even pieces and place spiral upward into the baking tray (it's ok if the spirals touch). Sprinkle over remaining cheese.

6 Bake for 25-30 minutes, or until an inserted skewer comes out clean.

TANYA SAYS:

"ADD PUMPKIN AND ZUCCHINI IN WITH CHEESE TO MASK THE FLAVOUR!"



CRUNCHY HONEY ROASTED CHICKPEAS

A lot of sweetness, a little spice, and plenty of crunch. Get creative for their next pillow fort or movie day with this easy roasted chickpea recipe. Packed with protein and fibre, these little bites are both delicious and full of goodness.

serves 4 | prep 55 mins | cook 35 mins

3 cups (2 cans) chickpeas
1 tbsp olive oil
60g (2 tbsp) Capilano Pure Honey
½ tsp ground cinnamon and/or nutmeg
½ tsp sea salt

1 Rinse and drain chickpeas. Pat dry, then air dry for 40-45 min.

2 Preheat oven to 250°C (fan-forced). Spread chickpeas onto a rimmed sheet pan lined with baking paper. Bake for 30 min rotating every 10 min.

3 Meanwhile, combine olive oil, honey, spices and sea salt in a small bowl.

4 Take chickpeas out of oven and while warm toss through seasoning mixture. Bake for another 5 min.

5 Once cooked, turn off oven and let chickpeas cool inside with oven door open.

To store: keep in an airtight container in pantry for 1-2 weeks.



RENEE SAYS:

"USE SUPERFOOD SPICES LIKE TURMERIC FOR AN ADDED HEALTH BOOST"



HONEY MACADAMIA CARAMEL SLICE

Indulgent, sweet and nutty - Honey Macadamia slice is a staple family recipe for so many Aussies. The crunch of honey-coated macadamias matched with a soft and chewy base makes a satisfying combination of textures you'll enjoy bite, after bite, after bite!

serves 24 | prep 10 mins | cooking 35 mins

BASE
150g butter
225g (1½ cups) plain flour
60g (2 tbsp) Capilano Bush Honey
1 egg

FILLING
130g butter
90g (¼ cup) Capilano Bush Honey
120g (½ cup) caster sugar
2 tsp vanilla bean paste
300g macadamia nuts

BASE

1 Preheat oven to 180°C (fan-forced). Grease and line a 28cm x 18cm slice tin with baking paper.

2 In a food processor, combine flour and butter until it resembles fine breadcrumbs (alternately combine in a bowl, working butter into flour until it resembles fine breadcrumbs). Add honey and egg, mixing until dough forms.

3 Turn out dough and press evenly into tray, including slightly up the sides.

4 Bake for 20 minutes or until golden. Prepare filling while base bakes.

FILLING

1 In a medium pot, combine butter, honey, sugar, and vanilla. Stir over low heat until butter melts and sugar dissolves.

2 Increase heat and simmer for 2 minutes. Add macadamia nuts and stir well to coat. Cook for a further 2 minutes.

3 Pour filling over cooked slice base and spread evenly.

4 Bake for a further 15 minutes until filling bubbles and turns deep gold.

5 Remove from oven and allow to cool completely. Once cool, cut into bars or squares.

To store: keep at room temperature for up to 2 days in an airtight container, 5 days in the refrigerator in an airtight container, or wrap in cling film and aluminium foil and freeze for up to 3 months.



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 25 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.

To store: kwwp in an airtight container in the fridge for up to a week or freeze for on-the-go snacks.

RENEE SAYS:

"LITTLE ONES DON'T LIKE CRANBERRIES? SWAP FOR DRIED MANGO OR APPLE INSTEAD!"

HONEY MUSTARD SAUSAGE ROLLS

Crispy pastry, juicy chicken - sweet Aussie Coastal Honey. Re-consider party snacks with these delectable Honey Mustard Sausage Rolls.

serves 16 | prep 10 mins | cooking 25 mins

500g chicken mince
1 granny smith apple, peeled, cored & grated
30g + 7g (1 tbsp + 1 tsp) Capilano Coastal Honey + extra for brushing
1 tbsp whole grain mustard
2 tsp Dijon mustard
1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
½ tsp salt
½ tsp ground black pepper
½ cup fresh breadcrumbs (1 slice of bread made into crumbs) or ⅓ cup dried panko breadcrumbs soaked in 3-4 tablespoons milk
2 sheets puff pastry
1 egg
1 tsp sesame seeds, for garnish

1 Preheat oven to 200°C (fan-forced). Line a tray with baking paper.

2 In a large mixing bowl, combine chicken, apple, honey, whole grain and Dijon mustard, thyme, salt, pepper, and breadcrumbs. Once mince is combined, divide into 4 equal portions.

3 Cut one puff pastry sheet in half. Place ¼ of the mince mixture on one half-sheet of pastry. Shape mince into a sausage shape along the long edge, spreading it evenly to each end.

4 Roll pastry around mince to create a long roll. Pinch pastry at seam to seal.

5 Seam side down, cut roll into 4 pieces and place on prepared tray. Continue with remaining mince and pastry portions.

6 In a bowl, whisk egg and honey together. Brush sausage rolls with egg mixture, then sprinkle with sesame seeds.

7 Bake for 25 minutes, or until golden and cooked through.

To store: sausage rolls can be frozen before or after baking wrapped in cling film and aluminium foil for up to 3 months.

MICHELLE SAYS:

"ADD SOME VEG WITH GRATED VEGETABLES SUCH AS ZUCCHINI AND CARROT."

An aerial photograph showing a beehive site on a rocky cliffside. A person in a blue shirt stands among several white beehive boxes. The cliff overlooks a sandy beach and a dense forest of trees. The sky is clear and blue.

**FROM FLOWER TO HIVE...
ALL THE WAY TO YOUR HOME!**

YOUR FAVOURITE HONEY-PACKED SNACKS WOULDN'T BE POSSIBLE WITHOUT OUR BEAUTIFUL BUZZING BEES, AND THE CAPILANO BEEKEEPERS WHO TAKE CARE OF THEM EACH AND EVERY DAY.



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