

# Mānuka Honey recipes

## BOOST IMMUNITY NATURALLY

Mānuka honey is a premium honey made when bees gather nectar from the mānuka tree, a plant long valued in Māori tradition. It contains unique compounds that are characteristic of mānuka honey (including methylglyoxal (MGO), alongside an antioxidant polyphenol profile. The UMF™ (Unique Mānuka Factor) grading system is widely used to independently certify key markers of potency and authenticity. For recipes, mānuka honey is best added at the end or used raw (e.g., stirred into yoghurt, drizzled on fruit, or mixed into no-bake snacks) to avoid prolonged high heat that may reduce some of its delicate bioactive compounds.



### GRANOLA INGREDIENTS (MAKES ~4 CUPS)

- 2 cups old-fashioned rolled oats
- ¾ cup raw nuts and/or seeds (I used a mix of cashews and pepitas)
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ cup olive oil
- ¼ cup maple syrup or honey (not mānuka)
- ½ teaspoon vanilla extract
- ⅓ cup dried fruit (I used dried cranberries)
- 1 teaspoon **mānuka honey** for drizzling upon serving



### METHOD

1. Preheat the oven to 170°C and line a large baking tray with baking paper.
2. In a large bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to mix.
3. In a small bowl, whisk together the oil, maple syrup and vanilla until combined.
4. Pour the wet mixture over the oat mixture and stir until everything is lightly and evenly coated.
5. Tip onto the prepared tray and spread into an even layer.
6. Bake for 20–25 minutes, stirring halfway, until lightly golden. (It will crisp up more as it cools.)
7. Cool completely on the tray, undisturbed, for at least 45 minutes.
8. Stir through the dried fruit, then break into clusters with your hands (or stir with a spoon for a looser granola).
9. Store in an airtight container at room temperature for 1–2 weeks, or freeze for up to 3 months. If frozen, let it sit at room temperature for 5–10 minutes before serving (the dried fruit can firm up).

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## MĀNUKA HONEY OAT BITES

Mānuka honey oat bites are an easy, **no-bake** snack that dancers can grab between quick class turnarounds or rehearsals, providing a quick boost - sweet, slightly salty, portable, and simple to portion into whatever size you like! They're also really flexible: you can swap peanut butter for almond or cashew varieties, or even seed butter (like sunflower seed butter) to keep them nut-free, while still getting that satisfying, energy-dense texture.

**PREP TIME:** 5-10 MINS, **SET TIME:** 30-40 MINS



### INGREDIENTS (MAKES ~16 BITES)

- 1 cup of rolled oats
- ⅓ cup Mānuka honey
- ½ cup of nut/seed butter
- ½ cup of chocolate chips (dark or milk)
- 1 tablespoon of chia seeds or any seeds you like
- ¼ teaspoon salt
- 1 teaspoon of vanilla essence



### METHOD

1. In a large bowl, combine the oats, dark chocolate chips, chia seeds and salt. Stir to mix evenly.
2. In a small bowl, mix together the honey, nut/seed butter and vanilla until smooth.
3. Pour the honey mixture into the oat mixture and stir until fully combined. If it feels too sticky, add an extra sprinkle of oats and mix again.
4. Chill the mixture in the fridge for 20-30 minutes to firm up (this makes it easier to roll or press).
5. Remove from the fridge and roll into balls.
6. Store in an airtight container in the fridge for up to 1 week, or freeze for up to 3 months.

*Not a fan of rolling into balls, or want to save time? After chilling, simply press the mixture into a lined brownie pan to make bars. Chill again for 20 mins before slicing into bars and storing as above.*