

# SWEET GOLD

Heads up honey lovers, the new Queen Bee of Manuka honey has landed...

**G**ustare Honey has launched a new Australian Manuka honey to the UK this month, bringing the latest honey harvest from the Australian outback. Harvested from the flora of the *leptospermum polygalifolium* plant species popularly known as Jelly Bush – which is native to the Australian states of New South Wales and Queensland – Gustare's Manuka Jelly Bush Honey provides the same health and wellbeing benefits as New Zealand-origin Manuka honey, but is much sweeter.

If you've tried Manuka before, you'll know that some have a medicinal aftertaste, but Gustare's Manuka Jelly Bush Honey, being sweeter in flavour, is gentler on the palate so you'll be able to use Gustare's Manuka honey in your daily diet. Try adding it to your morning smoothie, cereal or toast, especially as it's much more affordable when compared to other Manuka products on the market.

Gustare Honey is proud to say all honey it puts on the shelves is 100% pure, raw and natural; only filtered once to remove any debris. Gustare has a strict company and product ethos and cares deeply about the people and bees which produce their honey. All its honey varieties are presented as they would be in the hive. Gustare does not use any artificial chemicals in the production process, does not blend or pasteurise its honey. Gustare's artisan beekeepers never feed their bees sugar; allowing their bees to feed off the honey they produce which keeps the honey bees healthy and enables them to provide a tastier and purer honey.

## Gustare Manuka Jelly Bush Honey and Coconut Chocolates

200g coconut oil  
100g cacao powder  
3 tbsp of Manuka honey  
(or to taste)  
2 tbsp of your choice  
of nut butter

**Optional extras:**  
blueberries  
raspberries  
shredded coconut  
nuts  
seeds



- 1 Melt the coconut oil by either leaving it out in a warm place for a few hours or pop it in the microwave for five second intervals. Be careful not to heat the oil too much as the heat will kill all the health and wellbeing properties contained in the Manuka honey. Your coconut oil will need to remain below 20 degrees.
- 2 Pop the melted oil into a bowl, then mix in the cacao powder and stir until smooth.
- 3 Then, one tablespoon at a time, add in your Gustare Manuka honey. After each tablespoon mix and taste to ensure it's sweetened to your liking. If you're using nut butter or any other extras, add these now and mix once more.
- 4 Once you have the chocolate mixture, pour into either a silicone ice cube tray (so they're easy to remove) or onto some baking paper; fold the paper over and spread the mixture out evenly between the paper. Finally, pop into the freezer or fridge and allow to set for a few minutes or until firm.



BUY GUSTARE'S MANUKA JELLY BUSH FOR ONLY £12.99, [GUSTAREHONEY.COM](http://GUSTAREHONEY.COM)