Manuka honey is produced in New Zealand and Australia from the nectar of the Manuka tree. It has in vitro antibacterial properties and it is said to be beneficial for a number of conditions and complaints, from skin complaints and wounds to coughs and colds.

Manuka honey has a strong flavour, which is too much for many people, but Manuka honey is not meant to replace your daily honey. Manuka honey is usually only used for its medicinal properties. Even if you liked the taste, it is far too expensive to eat everyday...

If you're interested in the things Manuka honey can help with, and how to use it, check out the article below from Riddle Love.

Manuka Honey ~ 7 Ways It Might Help You
(Image from: Riddle Love)