

# HONEY-SOY GLAZED MEALWORMS

THE GREAT  
**EXHIBITION**  
**ROAD** FESTIVAL



## Honey-Soy Glazed Mealworms

A sweet and savoury snack.

**Prep Time:** 5 mins, **Cook Time:** 10 mins, **Makes:** 1 cup

### Ingredients

- 50g dried mealworms
- 1 tbsp honey
- 1 tsp soy sauce (or tamari for gluten-free)
- ½ tsp cinnamon or ground ginger (for a warm spice kick)

### Method

- Preheat oven to 150°C (300°F). Line a baking tray with parchment paper.
- In a bowl, mix honey, soy sauce, and cinnamon/ginger until smooth.
- Add mealworms and toss to coat evenly.
- Spread coated mealworms on the baking tray in a single layer.
- Bake for 8-10 minutes, stirring halfway, until caramelised and slightly crisp.
- Remove from oven and let cool.
- Enjoy as a snack, sprinkle over yogurt, or use as a crunchy topping for salads or rice dishes!