Pure maple syrup doesn't just taste great; it's also a better choice of sweetener when it comes to making good decisions about your health. A SWEET SUBSTITUTE

Substitute naturally sweet and nutrient-rich maple syrup for other sweeteners in your favorite recipes.



REPLACE WITH

Equal amounts of maple syrup

Equal amounts of maple syrup

²/₃ c maple syrup per 1 c sugar

²/3 c maple syrup per 1 c sugar













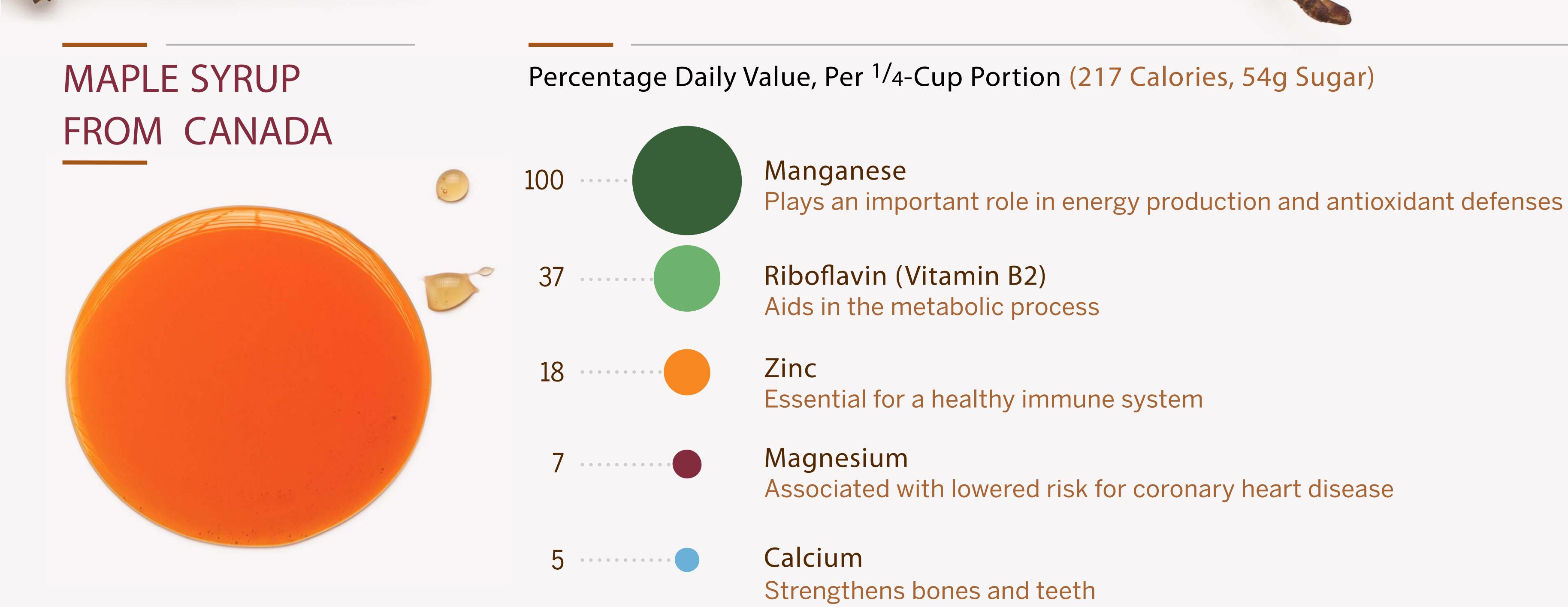




Reduce the overall liquid in the recipe by about ¼ c for each cup substituted.

Turn the oven temperature down about 25° from the listed baking temperature when using maple syrup in place of sugar.

NUTRITIONAL VALUE



For more tips and recipes featuring pure maple syrup, visit

Potassium

Helps maintain normal blood pressure

purecanadamaple.com





