

Maple-Made

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.

HONEY



Equal amounts of maple syrup



AGAVE SYRUP



Equal amounts of maple syrup



SUGAR



2/3 c maple syrup per 1 c sugar



BROWN SUGAR



2/3 c maple syrup per 1 c sugar



REPLACE WITH

BAKING TIPS



-25°

Reduce the overall liquid in the recipe by about 1/4 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

MAPLE SYRUP FROM CANADA



Percentage Daily Value, Per 1/4-Cup Portion (217 Calories, 54g Sugar)

- 100 ● Manganese
Plays an important role in energy production and antioxidant defenses
- 37 ● Riboflavin (Vitamin B2)
Aids in the metabolic process
- 18 ● Zinc
Essential for a healthy immune system
- 7 ● Magnesium
Associated with lowered risk for coronary heart disease
- 5 ● Calcium
Strengthens bones and teeth
- 5 ● Potassium
Helps maintain normal blood pressure

For more tips and recipes featuring pure maple syrup, visit

purecanadamaple.com