



Maple Syrup Recipes

Using Maple Syrup instead
of sugar for the good of
your health

Elizabeth Drudge

A collection of delicious recipes using Maple Syrup

Maple Syrup Recipes

by Elizabeth Drudge

Maple Syrup contains 11 minerals, 5 vitamins
and less calories than honey, cane sugars or
molasses

Contents

Apple Bran Muffins	4
Cranberry Muffins	4
Pumpkin Bran Muffins	5
Chocolate Zucchini Muffins.....	5
Raisin Bran Muffins	6
Date Bran Muffins	6
Multi Grain Date Loaf.....	7
Maple Tapioca.....	8
Chocolate Maple Tapioca.....	8
Maple Syrup Dumplings	8
Chocolate Maple Pudding	9
Maple Peach Pudding	9
Rhubarb Crunch	10
Apple Crisp	10
Chocolate cake	11
Apple Dumplings	11
Pumpkin pie	12
Maple Syrup Rhubarb Pie	12
Pecan Pie	13
Oatmeal Pie.....	13

Maple Syrup Crumb Pie	13
Raisin Pie	14
Maple Syrup Butter Tarts.....	14
Maple Syrup Cheesecake	15
Maple Syrup Granola Bars	15
Hot Chocolate	16
Maple Syrup Brownies	16
Strawberry Jam	17
Canned Pie Filling	17
Canning Fruit	17
Carrot Pudding	18
Maple Spread	19
Maple Syrup Sweet and Sour Chicken	19
Maple Syrup Baked Beans.....	20
Mayonnaise.....	20
Salad Dressing	20
Bread	21
Garden Mint Tea	21
Maple Cinnamon Tea	21
Milk Shakes	21
Hot fruit drinks	21

Apple Bran Muffins

2 cups whole wheat	5 tsp baking powder
2 cups bran	1 tsp. Cinnamon
2 cups rolled oats	½ tsp cloves
2 cups pastry flour	½ tsp nutmeg
2 tsp. Baking soda	1 cup raisins
½ tsp. salt	

Mix these ingredients. In separate bowl beat:

4 eggs	2 cups milk
2 cups Maple Syrup	4 grated apples

Add the dry ingredients to the wet. Stir and bake.

Cranberry Muffins

2 cups whole wheat	½ tsp salt
2 cups bran	5 tsp. baking powder
2 cups rolled oats	2 tsp. baking soda
2 cups pastry flour	1 cup chocolate chips
½ cup Red River cereal	

Mix these ingredients. In separate bowl beat:

4 eggs	2 cups Maple Syrup
2/3 cup vegetable oil	1 cup milk

Add 2 cups frozen cranberries and dry ingredients. Stir and bake.

Pumpkin Bran Muffins

2 cups bran	1 cup chocolate chips
2 cups pastry flour	1 tsp cinnamon
½ tsp salt	½ tsp cloves
3 tsp. baking powder	½ tsp nutmeg
1 ½ tsp. baking soda	

Mix well. In separate bowl beat:

3 eggs	2 cups cooked pumpkin
1 ½ cups Maple Syrup	(mashed)
2/3 cup vegetable oil	

Combine wet and dry ingredients. Add milk if necessary. It will depend on how wet or dry your pumpkin is.

Chocolate Zucchini Muffins

2 cups bran	4 tsp baking powder
2 cups pastry flour	1 tsp baking soda
½ cup cocoa	½ tsp salt

Mix well. In separate bowl beat:

3 eggs
2 cups Maple syrup
2/3 cup vegetable oil
½ cup milk
2 cups grated zucchini

Mix wet and dry ingredients together and bake.

Raisin Bran Muffins

Mix:

2 cups All Bran cereal	½ cup Maple Syrup
1 ½ cups milk	

Let stand 10 minutes. Add:

1 beaten egg	¼ tsp salt
1 cup flour	½ cup raisins
1 tsp baking soda	

Stir and bake

Date Bran Muffins

2 cups bran	1 tsp baking soda
2 cup flour	½ tsp salt
½ tsp salt	2 cups chopped dates
3 tsp baking powder	

Mix these ingredients. In separate bowl beat:

3 eggs
1 cup Maple Syrup
2/3 cup vegetable oil
1 cup milk

Mix wet and dry together and bake.

Tip: For each of these muffin recipes you may want to add more or less Maple Syrup, depending on how sweet you want them. Also you may need to vary the amount of milk to make the batter the right thickness.

Multi Grain Date Loaf

1 cup boiling water
1 cup chopped dates

1tsp. baking soda

Pour boiling water over chopped dates and baking soda.
Let stand 10 minutes. Mix together:

1 cup rolled oats
1 cup bran
1 cup whole wheat
flour

1 tsp baking powder
¼ tsp salt

Add:

½ cup Maple Syrup
½ cup milk

date and water mixture

Pour into loaf pan that has been lined with waxed paper. Bake at 325 for about 30 minutes, turning every 10 minutes.

Maple Tapioca

In saucepan mix:

2 eggs, beaten

4 cups milk

1 cup Maple Syrup

½ cup minute tapioca

Cook slowly on low heat until thick, stirring almost constantly.

Chocolate Maple Tapioca

Same as above recipe; add ½ cup of cocoa before cooking.

Maple Syrup Dumplings

1 ½ cups Maple Syrup

1 ½ cups water

Combine in a saucepan and bring to a gentle boil. Meanwhile cut 3 tbsp shortning into 1 ½ cups all purpose flour, ½ tsp salt, 3 tsp baking powder. Add ¾ cup milk. Drop by spoon into boiling syrup. Cover and simmer for 12 minutes. Serve immediately.

Chocolate Maple Pudding

1 cup flour
2 tsp baking powder

$\frac{1}{4}$ tsp salt
2 tblsp cocoa

Add:

$\frac{3}{4}$ cup Maple Syrup
2 tblsp vegetable oil

$\frac{1}{4}$ cup milk

Stir well and pour into casserole dish. Mix together:

1 $\frac{1}{3}$ cups Maple Syrup
 $\frac{1}{4}$ cup cocoa

1 cup water

Pour over batter. Bake at 350 for 30 – 35 minutes. Serve hot or cold.

Maple Peach Pudding

In bottom of casserole put:

4 cups sliced peaches

1 cup Maple Syrup

Mix together:

1 $\frac{1}{2}$ cups flour
2 tsp baking powder
 $\frac{1}{4}$ tsp salt
1 egg

$\frac{3}{4}$ cup Maple syrup
3 tblsp vegetable oil
 $\frac{1}{2}$ cup milk

Pour over peaches and bake.

Rhubarb Crunch

1 cup flour

$\frac{1}{2}$ cup Maple Syrup

1 cup rolled oats

$\frac{1}{2}$ cup melted butter

Press $\frac{1}{2}$ of this mixture into the bottom of baking dish. Cover with 4 cups (or more) of diced rhubarb. Top with remaining crumbs. Mix together

1 $\frac{1}{2}$ cups Maple Syrup

1 $\frac{1}{2}$ cups water

Pour over top. Bake for 1 hour or until done.

Apple Crisp

Put 5 cups apples in bottom of baking dish

Pour 1 $\frac{1}{2}$ cups of Maple Syrup over top. Mix together:

1 cup flour

$\frac{1}{2}$ cup Maple Syrup

1 cup rolled oats

$\frac{1}{2}$ cup melted butter

Pack on top of apples and bake.

Tip: Replace apples with a rhubarb, elderberry, apple mixture

Chocolate cake

2 cups flour	½ tsp salt
2 tsp baking powder	½ cup cocoa
tsp baking soda	2 tbsp instant coffee

Stir together. In separate bowl mix:

2 eggs	1½ cups Maple Syrup
½ cup margarine	

Add to dry ingredients with ½ cup boiling water. Bake in cake pan.

Apple Dumplings

Make a pastry with:

2 cups flour	2/3 cup margarine or
2½ tsp baking powder	butter
½ tsp salt	½ cup milk

Roll out as for pastry and cut into squares. Peel and core 6 apples (or more); cut into quarters. Place a quarter of an apple on each square and fold up and place in baking dish. Stir together 2 cups Maple Syrup and 2 cups water. Pour over apples and bake.

Pumpkin pie

Place in blender:

2 cups cooked pumpkin	1 cup Maple Syrup
2 eggs	$\frac{1}{4}$ tsp salt
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ tsp cloves
$\frac{1}{4}$ cup cream	$\frac{1}{4}$ tsp nutmeg
$\frac{1}{3}$ cup flour	$\frac{1}{4}$ tsp cinnamon

Adjust cloves, nutmeg, and cinnamon amounts to taste.
Pour into unbaked pie shell and bake.

Maple Syrup Rhubarb Pie

1 egg, beaten	2 cups chopped raw
$\frac{1}{2}$ cup flour	rhubarb
1 cup Maple Syrup	

Pour into unbaked pie shell. Mix:

1 cup flour	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ cup brown sugar	

Pour over rhubarb and bake.

Pecan Pie

3 eggs, beaten	½ cup flour
1 ½ cups Maple Syrup	¼ tsp salt
¼ cup melted butter	

Pour into unbaked pie shell, sprinkle with pecans and bake.

Oatmeal Pie

2 eggs, beaten	1 cup rolled oats
1 ½ cups Maple Syrup	½ cup coconut
¼ cup melted butter	

Pour into unbaked pie shell and bake.

Maple Syrup Crumb Pie

In sauce pan cook:

1 cup Maple Syrup	1½ cups water
1 egg, beaten	½ cup flour

Pour into unbaked pie shell. For crumb topping mix:

1 cup flour
½ cup brown sugar
¼ cup shortening
½ tsp soda

Pat crumbs on top of cooked filling and bake.

Raisin Pie

Soak 1 ½ cups raisins in 1 cup water and 1 cup Maple Syrup for ½ hour. Add ¼ cup flour or cornstarch and cook until thick. Add whatever flavours you want, cinnamon, lemon rind, cloves, vanilla. Pour into unbaked pie shell, cover with pastry strips and bake.

Tip: For cream pies or desserts, use Maple Syrup instead of sugar. Use less milk.

Maple Syrup Butter Tarts

Cream together:

½ cup butter

2 eggs

1 cup Maple Syrup

½ cup flour

Pour into tart shells (add pecans or raisins if desired) and bake.

Maple Syrup Cheesecake

Combine:

¼ cup melted butter	1 ¼ cups graham wafers
2 tbsp. Maple Syrup	

Press into bottom of 9 inch square pan. Beat:

1 pkg cream cheese	3 eggs
1 cup Maple Syrup	½ cup flour

Pour on top of crumbs and bake until set. Cool and chill.

Maple Syrup Granola Bars

Mix:

½ cup melted butter	1 tsp lemon rind
1 cup Maple Syrup	

Add:

3 cups rolled oats	4 tbsp. pumpkin seeds
1 cup dried fruit	4 tbsp. almond slivers
2 tbsp. sesame seeds	4 tbsp. flax seeds
4 tbsp. sunflower seeds	4 tbsp. coconut

Press into 9x13 pan and bake for 20 minutes.

Hot Chocolate

In saucepan slowly dissolve:

1 cup cocoa

1 cup water

1½ cups Maple Syrup

Remove from heat and add 2 tsp vanilla. Store in fridge. Add several tbsp. to a glass of milk (hot or cold). For an extra flavour add 1 tsp of instant coffee.

Maple Syrup Brownies

Cream:

1 cup margarine

1 ½ cups Maple Syrup

3 eggs

Add:

3 cups flour

¼ tsp salt

1/3 cup cocoa

1 cup chocolate chips

2 tsp baking powder

Spread in 9 x 13 pan and bake. If too stiff add a bit of milk.

Strawberry Jam

Heat 2 cups of Maple Syrup slowly while whisking in 3 ½ tsp Genugel till mostly dissolved. In separate saucepan, heat 3 ½ cups Maple Syrup with 5 ½ cups mashed (or blended) strawberries, when hot add to first mixture and heat to almost boiling. Remove from heat and put in jars. 1 tsp butter can be added to keep foam down while bringing to a boil. Genugel is available from Maple Syrup Suppliers

Canned Pie Filling

Cherry: drain cherries and use juice, adding water to make 11 cups; Add:

2 pkg cherry Kool Aid (optional)
4 ½ cups Maple Syrup
2 cups Perma Flow (clear jell)

Boil until thick and add 4 to 5 quarts of cherries. Steam for 20 minutes.

Canning Fruit

Place peaches (or whatever fruit) in jar. Add 1/3 to ½ cup Maple Syrup; fill jar with water and steam as normal. Pears will darken unless you add 1/3 cup pineapple juice per quart, then proceed as above. For applesauce, rhubarb; cook first, then add Maple Syrup and steam as usual.

Carrot Pudding

2 cups grated raw carrots	2 tsp cinnamon
2 cups grated raw potatoes	1 tsp cloves
2 cups Maple Syrup	1 tsp nutmeg
2/3 cup veg oil	2 tsp soda
2 cups flour	2 cups dates chopped
1 tsp salt	3 cups raisins
	2/3 cup hot water

Steam in pressure cooker or place in a crock pot for 5 hours. Can also use a double boiler.

Serve hot with Maple Syrup sauce; In sauce pan stir:

2 cups Maple Syrup
2 cups water
½ cup flour depending on how thick you like your sauce.

Maple Spread

In large sauce pan slowly bring Maple Syrup (about 5 cups) to a boil, add ½ tsp butter to keep it from boiling over. Boil very slowly over low heat. Boil to 234 degrees F. This will take about 1 hour. Remove from heat and set in an undisturbed place until it has cooled to room temperature. (If it gets bumped or moved too soon it will turn granular instead of smooth) Stir until it turns a lighter colour; this may take 20 minutes or more. Pour quickly into small containers. Keep in fridge. Stir often to keep it smooth. Very delicious on toast or muffins. It takes practice to get it to turn out right.

Maple Syrup Sweet and Sour Chicken

Cut chicken in pieces and remove skin. Place in roast pan. Mix together:

1 qt tomato juice	½ cup soy sauce
1 cup ketchup	½ cup lemon juice
1 cup Maple Syrup	

Pour over chicken. Bake for 2 hours at 300. Add whole potatoes on top of chicken. Bake 2 more hours. Serve with Maple Syrup baked beans.

Maple Syrup Baked Beans

In crock pot add:

Maple Syrup

soya sauce

Ketchup

salt

chili powder

water

To dry beans.

Mayonnaise

1¾ cup water

1 tsp each of lemon

½ cup apple cider

juice

vinegar

1 tsp mustard

½ cup Maple Syrup

1 tsp paprika

2/3 cup flour

1 tsp basil

¾ cup butter

Cook until smooth. Store in fridge

Salad Dressing

Quick dressing for cabbage, lettuce:

Mix together equal parts of Maple Syrup, lemon juice and vinegar. Optional – olive oil

Bread

Bread is much better made with Maple Syrup. Take your favorite bread recipes and use maple syrup as part of the water. The bread will stay fresh longer, tastes better and is better for you.

Garden Mint Tea

Put a handful of fresh mint in a large kettle. Add boiling water. Let cool. Add Maple Syrup. Keep in fridge.

Maple Cinnamon Tea

Make a pot of black tea. Add a few tbsp. orange juice, lemon juice, Maple Syrup, a shake of cinnamon, cloves and nutmeg. Good hot or cold.

Milk Shakes

In a blender put frozen blueberries, a banana, strawberries, Maple Syrup, a peach, and some milk. Any combination of fruits is good.

Hot fruit drinks

Fill a mug 1/3 full of frozen elderberries, or red currants; add 1 tbsp. Maple Syrup, fill with water and micro wave for 2 minutes. Makes a nourishing drink. You can also add boiling water instead of microwave.

Maple Syrup can be used as a substitute for sugar in many recipes. If a muffin recipe calls for 1 cup of sugar and 1 cup of milk, put in 1 cup of Maple Syrup and cut back on the milk to ½ a cup, more or less.

Use Maple Syrup in your tea, on your cereal, on ice cream, in homemade ice cream, granola;

Using the different Grades of Maple Syrup

Use Extra Light or Light for canning. Use Medium or Dark for baking

Recipes from Elizabeth Drudge

43963 C-Line Road, RR 2 Wroxeter, Ontario,
Canada NOG 2X0 ph. 519-291-2819

For more information on the benefits of Maple Syrup visit www.drudgesmaplesyrup.com

Contact me if you have any questions or problems