MAPLE COOKBOOK

SMOOTHIES



maple FROM CANADA

www.maplefromcanada.com

Discover the Magical World of Maple

About Pure Maple Syrup From Canada

CANADA'S GIFT TO THE WORLD

Maple from Canada is the official US website and brand for Québec Maple Syrup Producers (QMSP). Each year in Canada, deep in the forests of Québec, a remarkable natural event occurs as maple sap, frozen solid over the long, cold winter, starts to thaw, and the maple tapping season begins.

Thousands of producers collect the sap from maple trees and boil the liquid to make pure maple syrup, a 100% natural sweetener with a high-quality taste and a versatile range of uses.

Unrefined and unprocessed, pure Canadian maple syrup is ideal for brunches, baking, and barbecues, imparting the flavor of Canada's iconic ingredient into many dishes, free from artificial additives or flavorings.

From Tree to Table

The maple syrup production process starts with one of nature's true phenomena. In springtime, when the nights are below freezing, water from the soil is absorbed into the maple tree. During the day, warmer temperatures of about 40 degrees Fahrenheit create pressure that pushes the water back down to the bottom of the tree, making it easy to collect the precious maple sap. The sap is gathered over 4-6 weeks, usually between early March and late April.



MAPLE TREE TAPPING

Maple syrup producers tap sugar maples and red maples.



COLLECTING THE SAP

When the spring thaw comes, the sap runs out of the taps into buckets or tubing that leads to the sugar house.



MAPLE SYRUP EVAPORATION

The sap is transported to the sugar house, where it is boiled down to become real maple syrup.

Sugar Alternative

Pure Canadian maple syrup can be used as an alternative to sugar in a variety of dishes, such as desserts and baked goods (pies and cakes, just to name a few). The natural sweetener also adds depth and complexity to a wide range of entrees and can be used as an ingredient in glazes, rubs, or barbecue sauces for poultry, meat, seafood, or vegetables.

HOW TO SUBSTITUTE MAPLE SYRUP FOR SUGAR

For most recipes, maple syrup can easily replace an equal amount of granulated white or brown sugar. To substitute for a cup of sugar, use one cup of maple syrup and reduce the quantity of other liquids in the recipe by a total of ¼ cup.



*This method works for most recipes. It may not, however, be suitable for pastry recipes that use large amounts of sugar.

Maple syrup can also serve as a one-to-one substitution for other liquid sweeteners, such as honey, molasses, and corn syrup.

Pure maple syrup can also be used to:

- Add a subtle sweetness and a hint of maple flavor to fresh fruit, cereal, and ice cream.
- Sweeten tea, hot chocolate, coffee, eggnog, and smoothies.
- Jazz up a cocktail instead of using simple syrup.

Storing your maple syrup

WHEN THE CONTAINER IS UNOPENED

Maple syrup has a long shelf life. Maple syrup (if it's been boiled and packaged according to our standards) keeps at room temperature for a very long time in most containers, including glass or squeeze-type plastic bottles. However, tests have shown that some receptacles, while quite lovely, do not provide foolproof barriers to oxygen. That's why we recommend that you put that beige plastic jug with the maple scenery on it into the fridge. It'll prolong the life of your maple syrup.

AFTER THE CONTAINER'S BEEN OPENED

Using an entire can of maple syrup at once is rare, so you're likely to have leftovers. We have these two simple rules for keeping maple syrup once it's open: Avoid prolonged open-air exposure and; keep it in an airtight container in a cool place.

We'd love to guarantee that your syrup will keep indefinitely but that hypothesis has never been tested: the maple syrup jug always gets emptied out before very long!

Four Classes of Maple, One for Every Taste

The classification of maple syrup is based on the color and strength of its maple flavor. There are four classes of maple syrup:

GOLDEN – DELICATE TASTE

This syrup comes from sap harvested at the very beginning of the sugaring season. It's distinguished by its light golden hue and sweet, delicate flavor. It's a delicious topping for yogurt and ice cream.



AMBER – RICH TASTE

This syrup has a pure, rich taste and an attractive amber color. It's ideal as an ingredient in vinaigrettes and all sorts of dishes and desserts and is the most commonly found maple syrup on store shelves.



DARK – ROBUST TASTE

With its more pronounced, caramelized flavor, this syrup is well-suited for cooking, baking, and sauces. It's celebrated for the way it enhances the taste of fruity dishes.



VERY DARK – STRONG TASTE

This syrup is the product of maple sap harvested at the end of the sugaring-off season. Its flavor, more pronounced than any of the previously listed syrups, is rich and distinctive. It colors and perfumes, sauces, and glazes to perfection. Before 2015, this was known as Grade B maple syrup.

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Maple Banana Bread Smoothie

Prep time: 5 min **Portions:** 2

Ingredients

- 2 bananas, peeled and cut in pieces
- 1 cup almond milk
- 1/2 cup plain Greek yogurt
- 1/4 cup rolled oats
- 2 Tbsp pure maple syrup (preferably amber syrup for its rich flavor)
- 1 tsp vanilla extract
- 1/8 tsp ground cinnamon
- 1/2 cup ice

Method

1. Combine bananas, almond milk, yogurt, oats, pure maple syrup, vanilla and cinnamon in blender and puree until smooth.
2. Add ice and puree until smooth.



Mango Smoothie, with Maple and Tofu

Prep time: 15 min **Portions:** 4

Ingredients

- 1 1/2 cup diced mango (fresh or frozen)
- 1 1/2 cup soft tofu
- 1 cup plain yogurt
- 3/4 cup soy milk
- 2/3 cup pure maple syrup (preferably amber syrup for its rich flavor)
- 1/2 tsp ground cinnamon (optional)
- 1/2 tsp ground cardamom (optional)

Method

1. Put the mango, tofu and yogurt in a blender.
2. Blend until smooth.
3. Add the remaining ingredients and blend for a few more minutes.
4. Pour into chilled glasses. Garnish with fresh fruit and enjoy.



Maple Green Smoothies

Prep time: 10 min **Portions:** 2

Ingredients

- 1 cup baby spinach leaves
- 1 avocado, peeled and cubed
- 1 banana, peeled and sliced
- Juice of one lemon
- 2 Tbsp pure maple syrup (preferably amber syrup for its rich flavor)
- 1/2 cup plain Greek yogurt
- 1 cup plain apple juice
- 1 cup ice cubes

Method

1. Put all ingredients into the bowl of an electric mixer and puree until smooth.
2. Serve in large glasses.



Maple Spinach Smoothie with Flax Seeds

Portions: 3

Ingredients

- 1 banana
- 3 cups spinach
- 1 cup greek yogurt
- 1 ripe pear, cored and cut into quarters
- 1 cup maple water
- 1 Tbsp pure maple syrup (preferably amber syrup for its rich flavor)
- 2 Tbsp flax seeds

Method

1. In a blender, purée all ingredients. Serve immediately.

TIP: You can substitute low-fat or non-fat Greek yogurt if desired.



Maple, Blueberry and Almond Butter Smoothie

Portions: 4

Ingredients

- 2 cups frozen blueberries
- 1/2 cup almond butter
- 1 banana
- 2 cups pure maple water
- 3 Tbsp chia seeds

Method

1. In a blender purée blueberries, almond butter, banana, and maple water. Stir in chia seeds and serve.

TIP: Fuel up for the day with this maple, blueberry and almond butter smoothie. This creamy and delicious treat is naturally sweetened with pure maple syrup and uses chia seeds for an extra boost of energy and to help prevent dehydration during exercise!



Fruit and Maple Smoothie

Prep time: 5 min **Portions:** 1

Ingredients

- 1 to 3 Tbsp pure maple syrup (preferably amber syrup for its rich flavor)
- 3/4 cup plain Greek style yogurt
- 1/2 cup fresh fruits

Method

1. Puree all ingredients in a blender until smooth and pour in a bottle or juice box.
2. Enjoy nicely chilled.

TIP: For this recipe, maple syrup helps soften the bitterness that the fruit mix produces. It's up to you to judge the amount of syrup to add. Do not go over 3 tbsp; we do not want to sweeten the recipe.



We Are Committed to a Healthy Future

Maple groves offer us much more than syrup! In Quebec, the 34 million maple trees in working sugar bushes provide ecological goods and services essential to human well-being, the value of which reaches 1.6 billion Canadian dollars each year.

For example, you may be surprised to learn that Quebec's maple groves capture the carbon produced by the equivalent of 220,000 cars per year. Another good news is that active sugar bushes in Quebec capture and store 11 times more carbon than their own production processes emit.

By choosing maple products, you are helping to preserve these maple groves and their ecological services and increase the area of natural forests in use. More specifically, if every day for a year, you put 1 teaspoon of maple syrup or maple sugar in your coffee instead of 1 teaspoon of sugar, you participate in the protection of one maple tree.



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