



## GUIDE FOR REPLACING SUGAR WITH MAPLE SYRUP

| Replace this quantity of sugar | By this quantity of maple syrup | Subtract this amount of liquid |
|--------------------------------|---------------------------------|--------------------------------|
| 250 ml (1 cup)                 | 250 ml (1 cup)                  | 100 ml (⅓ cup + 4 tsp)         |
| 180 ml (¾ cup)                 | 180 ml (¾ cup)                  | 80 ml (⅓ cup)                  |
| 150 ml (⅔ cup)                 | 150 ml (⅔ cup)                  | 70 ml (¼ cup + 2 tsp)          |
| 125 ml (½ cup)                 | 125 ml (½ cup)                  | 50 ml (3 tbsp + 1 tsp)         |
| 80 ml (⅓ cup)                  | 80 ml (⅓ cup)                   | 35 ml (2 tbsp + 1 tsp)         |
| 60 ml (¼ cup)                  | 60 ml (¼ cup)                   | 25 ml (1 tbsp + 2 tsp)         |

### DID YOU KNOW ?

Based on recent studies, the sweetener that should be used above all others is maple syrup. High in antioxidants, primarily polyphenols, it absorbs quickly into the body's cells and the sugar stays less time in blood vessels. There is thus no sugar rush or peaks of insulin when eaten in moderation.

### TIPS

- ✦ Replace the sugar in your coffee with a hint of maple syrup!
- ✦ A drizzle of maple syrup over fresh fruit brings out their flavours!
- ✦ To reduce the tartness of homemade ketchup and marinades, nothing's better than maple syrup!
- ✦ Personalize your cocktails by adding some maple syrup. Your guests will be impressed!

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Les Sucreries Beaurivage

