



# Local maple syrup

Availability:  
year-round

## Benefits

→ **Because it hits the sweet spot!**

More than just a symbol, maple syrup holds a special place in our hearts. A staple on Quebec tables, it's a perfect addition to your salad dressings, sauces, desserts, and even cocktails! It never ceases to amaze!

→ **Because it's 100% natural!**

Maple syrup is a unique sweetening agent that contains no colouring or additives. It goes almost directly from the tree to our tables!



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Maple vinaigrette



PORTIONS: 150 ML

5 MIN

### Ingredients

- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) whole grain mustard
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) water
- 45 ml (3 tbsp) olive oil
- 2 large tomatoes, chopped
- 10 ml (2 tsp) of sugar
- Lime juice
- Salt and pepper to taste
- Hot sauce to taste (optional)

### Directions

Whisk together all the ingredients.

Source : Simon Deschamps (8 ans)

## Apple, pear and maple upside-down mini-cakes



PORTIONS: 10 TO 12

15 MIN 15 TO 20 MIN

### Ingredients

- 250 ml (1 cup) apples, diced
- 250 ml (1 cup) pears, diced
- 180 ml (¾ cup) maple syrup
- 60 ml (¼ cup) non-hydrogenated margarine
- 125 ml (½ cup) sugar
- 1 egg
- 180 ml (¾ cup) whole-wheat flour
- 15 ml (1 tbsp) flax seeds (optional)
- 7.5 ml (1 ½ tsp) baking powder
- 1 pinch salt
- 125 ml (½ cup) milk
- 2.5 ml (½ tsp) vanilla extract

### Directions

- 1 Preheat the oven to 180°C (350°F).
- 2 Grease and flour a 12 cup muffin pan or use a silicon pan.
- 3 Divide the apples and pears between the muffin cups.
- 4 Pour 15 ml (1 tbsp) maple syrup into each cup.
- 5 In a bowl, beat the margarine with the sugar. Add the egg, milk and vanilla and continue beating.
- 6 In a separate bowl, combine the flour, flax seeds, baking powder and salt. Add to the first mixture and stir to combine.
- 7 Divide the batter evenly among the muffin cups.
- 8 Bake in the oven 15 to 20 min. Let cool a few minutes before serving.

Source : Julie Strecko, RD