# Pure Canadian maple syrup: the sweet solution to your health journey

It’s a well-known staple in Canada but very few Aussies know of the sweet benefits pure Canadian maple syrup can have on your overall health.

Rich in anti-inflammatory antioxidants like phenolic compounds and flavonoids, pure maple syrup is packed with essential nutrients no other sweetener can offer. It has vitamins and minerals including calcium, potassium, zinc, and manganese, and thanks to its lower glycemic index, it offers a slower increase in blood sugar levels, helping those trying to avoid spikes in blood sugar.

Accredited dietitian and nutritionist, Rebecca Gawthorne, says the natural sweetener offers a healthier alternative to refined sugars.

‘’Pure Canadian maple syrup is a natural sweetener that has a unique nutrient profile not found in refined sugars. It’s minimally processed, made solely from the sap of maple trees and is free from artificial additives and preservatives.

‘’It contains several antioxidants and is rich in riboflavin, needed for energy production and manganese which supports the metabolism and blood circulation.’’

‘’When enjoying sugar as part of a balanced diet, opting for pure Canadian maple syrup over refined sugars can help improve your overall health and can even help to increase your intake of nutrient-rich meals.’’

Pure maple syrup is versatile and can be paired with a variety of fruits and vegetables, and in anything from smoothies to salads and baked goods.

‘’Often, we think of pure maple syrup as a breakfast topper on cereals, muesli, porridge, pancakes and waffles, and sweets like ice cream. While it’s delicious on these, you can also use pure maple syrup in soups, curries, glazes, BBQs, poke bowls and my favourite, baked veggies and salad dressings, helping to increase the taste of these nutrient-rich meals.

‘It pairs perfectly with vegetables like pumpkin, sweet potato and onion, and makes delicious dressings for salads when combined with tahini, lemon and garlic.

‘’It’s also a great addition to nourishing drinks like fruit and vegetable smoothies, as well as coffee, tea, cocktails and mocktails. It pairs beautifully with fruits like bananas and apples and can be used in snacks and sweets like banana breads, apple crumbles, muffins, slices, and on top of yoghurt.

‘’As a child, I loved maple on pancakes, but now as a dietitian, I love pure maple syrup even more due to its nutrients and its ability to pair so well with nourishing foods, helping us to increase our intake of them.’’

‘’Pure Canadian maple syrup can also be enjoyed before a workout for a natural hit of energy,’’ Rebecca says.

There are many ways in which pure maple syrup can be used in place of refined sugars.

**Baking** – Most baking recipes call for sugar. Substitute refined sugar for maple syrup. Typically, you could use around ¾ cup of maple syrup for every cup of sugar.

**Pancakes and waffles** – Instead of topping your pancakes or waffles with traditional syrup made from sugar, try drizzling them with pure Canadian maple syrup for a delicious and nutritious alternative.

**Smoothies** – Add a splash of maple syrup to your smoothies for natural sweetness and a hint of maple flavour. It pairs especially well with bananas, berries, and nut butters.

**Marinates and glazes** – Use maple syrup as a base for marinades and glazes for meats, seafood, and vegetables.

**Salad dressings** – Substitute honey or sugar in salad dressings with maple syrup for a unique twist. Combine maple syrup with olive oil, vinegar, and your favourite herbs and spices for a delicious homemade dressing.

**Oats and yogurt** – Instead of adding sugar to your oats or yogurt, add maple syrup and elevate your breakfast go-tos.

**Coffee and tea** – Stir a spoonful of maple syrup into your coffee or tea as a natural sweetener.

**Try this easy** [**maple blueberry protein smoothie**](https://maplefromcanada.au/recipes/maple-blueberry-protein-smoothie/)**.**

MAPLE BLUEBERRY PROTEIN SMOOTHIE

**Ingredients**

* 1 banana
* 1 cup fresh blueberries
* 150ml coconut milk or soy milk
* 1 scoop protein powder
* 3 tbsp pure maple syrup

**Method**

1. Place banana, blueberries, milk, protein powder and maple syrup into a blender.
2. Process until smooth.
3. Pour smoothie into a tall glass and enjoy.

For more healthy pure Canadian maple syrup recipes, visit [maplefromcanada.au/recipes/](https://maplefromcanada.au/recipes/).

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