

8 oz cream cheese
 1½ cups milk
 1 Tbsp maple syrup
 1 package lemon or vanilla instant pudding
 Whipped Topping

Directions:
 Mix the pineapple and the ¼ cup of maple syrup together and set aside. Mix cake mix and bake as directed on box (use an 9X13 inch pan or larger). When the cake is baked and removed from the oven, immediately spread the pineapple and maple syrup mixture over the cake. Let cool for at least on hour. Beat cream cheese in medium size bowl and blend in milk, maple syrup, and pudding until real smooth. Spread over cake and refrigerate until ready to serve. Top with whipped topping and drizzle maple syrup over each serving.

MAPLE SYRUP NUT CAKE

Ingredients:
 2¼ cups flour
 2/3 cup white sugar
 3 tsp baking powder
 1 tsp salt
 1 cup maple syrup
 ½ cup soft shortening
 ½ cup milk
 2 eggs
 1 cup chopped nuts

Directions:
 Sift dry ingredients together into bowl. Add syrup, shortening and milk; beat 2 min. Add eggs and beat 2 minutes. Add chopped nuts and mix well. Pour into 2 greased and floured 9" pans. Bake in 350° oven for 25-30 min. Frost.

QUICK MAPLE CAKE

Ingredients:
 1 package yellow cake mix
 1/3 cup sugar
 1 tsp cinnamon

1 cup maple syrup
 ½ cup chopped nuts

Directions:
 Bake cake in 13x9 inch pan as directed on package. Cool 5 minutes. Cut cake into large diamond shapes. Mix sugar and cinnamon and sprinkle over top of cake. Heat syrup slightly, pour over cake. Sprinkle with nuts. Let stand a few min. Serve warm or cool.

MAPLE SOUR CREAM CAKE

Ingredients:
 1 egg
 1 cup maple sugar
 1 cup sour cream
 1 tsp vanilla

1½ cups flour
 1 tsp baking soda
 ½ tsp salt

Directions:
 Beat eggs thoroughly, add sugar and continue beating. Add sour cream alternately with flour, which has been mixed and sifted with baking soda and salt. Add flavoring, stir well and turn into greased 9" square pan. Bake at 350° for 25-30 min. Serve plain or frosted.

MAPLE SPONGE CAKE

Ingredients:
 ¾ cup maple syrup
 4 eggs, separated
 ¼ tsp salt
 ½ tsp vanilla
 1 cup sifted cake flour
 ½ tsp baking powder

Directions:
 Heat syrup to boiling point; slowly pour on the beaten egg whites, beating constantly. Fold in beaten egg yolks, vanilla, salt, flour, and baking powder. Bake in tube pan at 325° for 50 min.

MAPLE CHEESECAKE

Ingredients:
 8 oz cream cheese-softened
 8 oz whipped topping
 ½ cup maple sugar
 1 pre-made graham cracker pie crust

Directions:
 Mix all ingredients together and pour into crust. Chill overnight.

MAPLE WALNUT CHEESECAKE

Ingredients:
 1/3 cup butter
 1/3 cup finely chopped walnuts
 1 pk (11-oz) no bake cheesecake mix
 1 ½ cup cold milk
 2 Tbsp maple flavor syrup
 ¼ tsp ground cinnamon
 ¾ cup walnut topping



Directions:
 Melt butter in small skillet. Add walnuts; cook until lightly toasted, about 3 min. Stir in cheesecake crust crumbs. Press crumb mixture onto bottom of 8-inch square pan that has been lined with foil. Mix milk with filling mix, syrup and cinnamon at low speed of electric mixer until well blended. Beat at medium speed 3 min. Spread over crust. Chill at least 1 hour. Heat topping just before serving. Cut into squares. Serve with warmed topping.



Maple Cake



RECIPES COMPILED BY

DIANE M. KELLY
 NUTRITIONIST
 EDWARDSVILLE, ILL.
 COOPERATIVE EXTENSION
 UNIVERSITY OF ILLINOIS
 COOPERATIVE EXTENSION
 EASTERN HONOLULU
 PROGRAM IN 2007

Recipes

MAPLE APPLE CAKE/PIE

Ingredients:

5 large cooking apples, peeled, sliced
½ cup maple syrup
2 Tbsp butter
1 egg
¼ cup butter
½ cup white sugar
½ tsp vanilla
½ cup all-purpose flour
½ tsp baking powder
¼ tsp salt
1 cup whipping cream
¼ cup maple syrup

Directions:

Heat oven to 350°. Butter 10-inch pie plate and spread apples evenly in plate; sprinkle with maple sugar or syrup and dot with butter. In small bowl, beat egg, sugar, butter, and vanilla together until fluffy. Add baking powder, salt and flour until blended. Spread over apples and bake for 45 min. or until apples are tender. Cool. Whip cream, drizzle maple syrup over top and fold in gently. Serve cake/pie warm and top with the maple whipped cream.

MAPLE BREAKFAST CAKE

Ingredients:

1 ½ cup sifted pastry flour
½ cup whole-wheat flour
4 tsp baking powder
1 tsp salt
¼ tsp cinnamon
1/8 tsp nutmeg
1 egg, beaten
1 cup maple syrup
2/3 cup milk
1 ½ tsp melted butter

Directions:

Sift together first six ingredients. Combine remaining items, and add to dry ingredients. Turn into a greased 9" pan and sprinkle top with cinnamon and maple syrup. Bake for 35 minutes at 400°.

CHOCOLATE (OR CAROB) CAKE

1 cup unbleached flour
1¼ cups whole-wheat pastry flour
1 tsp baking soda
¼ tsp salt
½ cup cocoa powder (or carob)
½ cup brown sugar
½ cup corn oil
¾ cup water
1¼ cups maple syrup
1 Tbsp cider vinegar
2 tsp vanilla

Directions:

Sift the two flours together, along with the baking soda, salt, and carob powder. Stir in the brown sugar. In a large mixing bowl, stir together the oil, water, honey, cider vinegar, and vanilla until well blended. Then add the dry ingredients, mixing at medium speed until well blended (about 2 min.). Lightly oil and flour the cake pans. Divide the batter equally between the two pans and bake the cakes in a pre-heated oven for about 20 minutes at 350°, or until done (a toothpick comes out of the center clean). Cool the cakes for about 10 minutes, then remove from the pans and cool completely. Frost the cakes with an icing of your choice.

MAPLE CORN BREAD

Ingredients:

1 1/3 cups sifted all-purpose flour
4 tsp baking powder
½ tsp salt
2/3 cup cornmeal
2/3 cup milk

1/3 cup maple syrup
2 eggs, lightly beaten
¼ cup butter, melted
¼ cup maple syrup
½ cup walnuts, coarsely chopped

Directions:

Heat oven to 375°. Grease 9-inch square cake pan. Sift flour, baking powder, and salt into a large mixing bowl. Stir in cornmeal with fork. Combine milk, 1/3 cup maple syrup, butter, and eggs; add to dry ingredients. Stir in just until blended. Spoon into pan and smooth. Drizzle remaining ¼ cup maple syrup over batter. Sprinkle with walnuts. Bake for 25 minutes or until a toothpick comes out clean.



MAPLE CREAM CAKE

Ingredients:

2½ cup cake flour
3 tsp baking powder
½ tsp soda
½ tsp salt
½ cup butter
½ cup brown sugar
2 eggs
½ tsp vanilla
¾ cup maple syrup
½ cup milk

Maple Butter Frosting:

1/3 cup maple syrup
3 cup powdered sugar
4 Tbsp butter
1 egg white
Dash salt

Directions:

Sift first 4 ingredients together; set aside. Cream butter with brown sugar. Add the next 4 ingredients. Add them alternately to the dry ingredients; beat until smooth. Bake in an 8x12 loaf pan at 375° for 35-45 min. Frost as follows: Combine syrup and butter in top of double boiler. When butter is melted, gradually add sugar. Place over hot water and let stand 10 min., stirring occasionally. Remove from heat. Beat one

egg white stiff, with salt added. Fold maple mixture and spread on cake.

MAPLE GINGER CAKE

Ingredients:

½ cup white sugar
2 Tbsp shortening
1 egg (beaten well)
1 Tbsp soda
½ tsp salt
¼ cup molasses
¼ cup maple syrup
½ cup sour milk
1 tsp ginger
1½ cups flour

Directions:

Mix ingredients in order as given, beat well. Bake in 350° oven for 35-40 min. This makes a delicious dessert to serve with whipped cream or served with vanilla ice cream with pure maple syrup poured over it as a sauce.

OLD-TIME MAPLE GINGERBREAD

Serves 8

Ingredients:

2 cups flour
1 egg beaten
1 cup sour cream
1 cup maple syrup
1 tsp ginger
½ tsp salt
1 tsp soda

Directions:

Combine and sift dry ingredients. Mix maple syrup with beaten egg and add the sour cream. Combine the mixtures and bake in moderate oven for about 40 min. Serve with warm maple hard sauce or whipped cream.

MAPLE CAKE DESSERT

Ingredients:

1 lemon cake mix (or white cake)
1 can 19 oz unsweetened crushed pineapple
¼ cup maple syrup