

MAPLE TEA

¾ cup black tea
¼ cup heavy cream
1 Tbsp maple syrup
Ground cinnamon

Whip heavy cream. Stir the maple syrup into the tea, top with whipped cream, and sprinkle with cinnamon.

ICED GINGER TEA

1 piece fresh ginger root
2/3 cup maple syrup
5 qt water
4 mint sprigs

Peel and grate 3–4 inches of ginger root. Combine ingredients in a large pot and bring to a boil. Simmer for 15 minutes, then remove from heat. When cooled, taste, and add more water or syrup if desired. Remove mint and refrigerate. Serve in tall glasses over cracked ice, garnished with additional mint. Makes 20 cups.

MAPLE-BANANA FROSTY

½ banana
½ cup skim milk
1 cup vanilla yogurt
1½ tsp maple syrup

Place banana slices in single layer on baking sheet. Cover and freeze until firm. Place milk in a shallow container; cover and freeze 25 minutes or until slushy. Combine frozen banana, milk, yogurt, and syrup in blender; cover and process until smooth. Pour into glass.

MAPLE FROSTY

½ cup maple syrup
7-up
Water
Ice tea

Add maple syrup to water in an ice cube tray and stir. Insert dividers and freeze. Use in any cold beverage, such as iced tea or 7-up.

MAPLE SKIMMER

2 tsp instant coffee
2 Tbsp sugar
1 ¾ cups water
½ tsp maple syrup
1 can (14½ oz) evaporated skim milk

Dissolve all ingredients together. Stir. Serve over coffee ice cubes.

Coffee Ice Cubes: Stir together 1 tsp instant coffee powder for each 1 cup water. Freeze in ice cube trays. Serves 5.

INDIAN-STYLE LEMONADE

8 cups water
½ cup fresh lime juice
2/3 cup fresh lemon juice
1 1/3 cup maple syrup
½ Tbsp fresh ginger
1/8 tsp cayenne, optional

Combine all ingredients in a large pitcher or punch bowl. Serve at room temperature or chilled.

Maple Syrup:



not just for pancakes anymore!



Beverages

HOT MAPLE CREAM

2 cup milk
1 tsp vanilla
1/8 tsp nutmeg, grated
2 cup half-and-half
½ cup maple syrup

Combine all ingredients in heavy medium saucepan over medium-low heat. Stirring occasionally, heat mixture thoroughly without boiling. Garnish with grated nutmeg. Serve warm.



MAPLE MILKSHAKE

- 2 scoops vanilla ice cream
- 1 cup milk
- 1/2 cup maple syrup

Place ingredients in blender and blend until well mixed or shake all ingredients thoroughly in a tightly covered container.



MAPLE SHAKE

- 1/2 cup maple syrup
- 1/4 cup milk
- 1 pt vanilla ice cream

Combine all ingredients in blender and blend until creamy.

MAPLE FLOAT

- 2 Tbsp maple syrup
- 1 or 2 scoops ice cream

Soda water

Pour syrup into tall glass. Add ice cream and stir until semi-blended. Fill glass with soda water and serve at once with straw.

MAPLE GRAHAM SLAM

- 1 cup fat-free milk
- 6 graham crackers
- 1/4 cup nonfat dry milk
- 2 Tbsp maple syrup
- 6 ice cubes

Combine all ingredients in a blender and blend until smooth.

MAPLE SLUSHY

- 1 cup maple syrup
- 4 cups crushed ice

Place the syrup and ice in a blender or margarita maker and process until the ice is crushed very fine. Pour into cups for serving. Using a little more syrup will make a sweeter slushy, darker syrups will provide more flavor. To make a smoothie add a table spoon of dry powdered milk.

Maple coffee, hot tea, ice tea, milk, lemonade, or any other drink you might add sugar or other sweetener, use maple syrup or maple granulated sugar instead. Just replace the white sugar, chocolate or strawberry syrup with maple using the same amount.

MAPLE SOFT DRINK

- 1/2 cup maple syrup
- 1 liter of carbonated water

Pour the liter of carbonated water into a 1 1/2 to 2 liter container with cap and lid. Gradually pour in the maple syrup and stir or close lid and gently rotate the container. When well mixed pour into cups for serving. Using 3/4 cup of syrup will make a sweeter soft drink, darker syrups will provide more flavor.

Soft drinks don't get any more natural than this! No artificial color, no artificial flavor, right from the maple tree to you with the benefit of maples minerals and other nutrients. Make it as sweet as you like by adding just a little more syrup than the recipe calls for.

RHUBARB PUNCH

- 6 cups rhubarb
 - 3 cups water
 - 1 orange
 - 1 lemon
 - 1/2 cup maple syrup
 - 1/4 cup sugar
- Ginger ale

Cook rhubarb in a deep heavy saucepan and add water (almost enough to cover rhubarb). You may need a little more or little less. When rhubarb is tender, strain into another bowl. Pour juice back into saucepan. To each quart add juice of 1 orange and 1 lemon. Add maple syrup and sugar to taste. Heat until warm and sugar is dissolved. Chill. When serving, add equal amount of ginger ale.



STRAWBERRY COOLER

- 8 cups water
- 6 cups strawberries, chopped
- 2 Tbsp finely chopped orange and lemon peels
- 1/2 cup maple syrup
- 4 cups ginger ale

Combine water, strawberries, orange and lemon peel and maple syrup in a pot. Bring to boil. Reduce heat and simmer for 1 hour. Strain through a cheese cloth and refrigerate until chilled. When ready to use, pour about 3 cups of ginger ale and slowly add strawberry liquid. Pour into glasses over ice and garnish with a slice of fresh fruit, (strawberry, blueberry, banana, cherry etc.) on a toothpick. Serves 6-8 people.

Nutrition Facts	
Serving Size 1/4 cup (60ml)	
Servings Per Container about 16	
Calories 210	% Daily Value*
Amount Per Serving	
Total Fat 0g	0%
Sodium 5mg	0%
Total Carbohydrates 53g	18%
Sugars 53 g	
Protein 0g	
Calcium 6%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.