

## MAPLE SYRUP

### Types

Pure maple syrup is classified by a grading system determined by translucence (color) and flavor intensity. The grading scale was recently reworded by the USDA and is as follows:

**Grade A Golden Delicate Taste** (formerly *Grade A Light Amber*) – Light syrup with a mild, sweet maple flavor.

**Grade A Amber Rich Taste** (formerly *Grade A Medium Amber*) – Moderately light syrup with a sweet maple flavor.

**Grade A Dark Robust Taste** (formerly *Grade A Dark Amber*) – Darker syrup with a sweet, rich maple flavor.

**Grade A Very Dark Strong Taste** (formerly *Grade B*) – Dark syrup with a sweet, very robust maple flavor.

While pure maple syrup is a sweet addition to the diet, it has been shown to contain less actual sugar than many other syrups.

### Selection Info

All grades of syrup are naturally delicious. It has been historically recommended to use lighter syrup as table syrup and darker syrup for baking applications. However, more recent research suggests many consumers show a preference for the more pronounced robust flavor of the darker syrups. The good news is that everyone has their personal preference and that there is no wrong choice.

Pure maple syrup is the liquid food derived from concentrating and heat-treating sap

from the maple tree (Acer). The solids (sugar) content of the finished maple syrup shall not be less than 66% sugar by weight. Anything less is not pure maple syrup. No other sugars, syrups, additives or preservatives can be added to pure maple syrup either. Maple syrup is a natural sweetener.

### Preparation

Maple syrup is for more than waffles and pancakes! It can be used as a flavorful sweetener in a variety of recipes or to add a delicious and beautiful glaze to almost any dish. Its use is limited only by the users' imagination! Have you thought about drizzling maple syrup over your favorite ice cream or perhaps some warm biscuits or scones?

### Storage

**Short-Term Storage:** Always store pure maple syrup in the refrigerator in a tightly sealed container. Pure maple syrup in sealed containers may be stored in the refrigerator for up to one year. Once opened, changes to the syrup's color and flavor can be expected within six to eight months. Use syrup stored in plastic containers within three to six months to avoid quality loss. Do not store maple syrup with other items that may have strong odors as it can pick up those odors and lose quality.

**Long-Term Storage:** You may freeze maple syrup. To freeze, pour it into freezable glass jars, making sure to leave a one-inch space at the top. Always seal jars tightly. Freeze immediately. Unopened frozen syrup maintains quality and flavor for an extended period of time.

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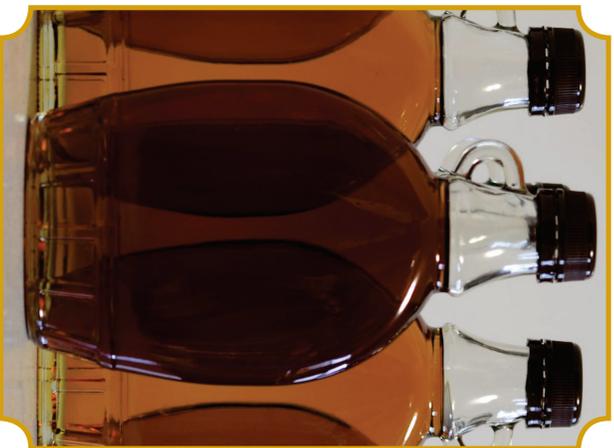
# CHEWY GRANOLA BARS

## Ingredients

- 2 cups quick cooking oats
- 2 cups crispy rice cereal
- 20 mini pretzels, crushed
- 3/4 cup pancake syrup, maple syrup, or honey
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract

## Directions

1. Combine oats, cereal, and crushed pretzels in a large bowl. Set aside.
2. Pour syrup or honey into a microwave-safe bowl and heat in the microwave for 1 minute. Stir in peanut butter until combined. Microwave for 1 minute more. Stir in vanilla.
3. Pour syrup mixture over oat mixture. Stir until completely coated.
4. Spray a 9x13-inch pan with cooking spray and pour mixture into pan. Press mixture firmly into the pan using wax paper or the back of a spoon.
5. Allow mixture to cool completely to room temperature. Cut into bars and enjoy!



Learn more about **MAPLE SYRUP** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=maple-syrup>.

 [Share your recipes!](#)

### Nutrition Information

| Nutrients      | 1 bar |
|----------------|-------|
| Total Calories | 100   |
| Protein        | 2g    |
| Carbohydrates  | 15g   |
| Dietary Fiber  | 1g    |
| Total Sugars   | 3g    |
| Total Fat      | 3.5g  |
| Saturated Fat  | 0.5g  |
| Cholesterol    | 0mg   |
| Minerals       |       |
| Calcium        | 6mg   |
| Sodium         | 85mg  |
| Iron           | 1.2mg |

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