

These delicious and easy-to-make FIT MAPLE recipes were specially formulated to help support your fitness regimen.

FUELED BY NATURE

NATURALLY FIT WITH MAPLE SYRUP



ANYTIME

Maple Energy Squares

Fit Maple Daytime Nutrition Energy Tip:

Maple energy squares provide whole, natural ingredients for on-the-go energy to help keep you fueled throughout the day. They contain a mix of simple carbohydrates from the maple syrup to give you a quick energy boost, with complex carbohydrates, protein, fiber, plus vitamins and minerals you need to keep you going for the long haul.



- | | |
|---------------------------------|--------------------------------|
| 1/2 cup quick-cooking oats | 1/2 cup dried blueberries |
| 1/2 cup non-fat dry milk | or cranberries |
| 1/2 cup toasted sunflower seeds | 1/2 cup chopped dried apricots |
| 1/3 cup all-purpose flour | 1/2 cup sliced almonds |
| 2/3 cup pure maple syrup | 1/2 cup shredded coconut |
| 2 large eggs | |

Preheat oven to 350° F. Spray a 9 x 9-inch baking pan with cooking spray. In a food processor, combine oats, dry milk, sunflower seeds, flour, maple syrup and eggs. Puree until almost smooth, about 10 seconds. Stir in blueberries, apricots and almonds. Turn into prepared pan. Sprinkle with coconut. Bake 20 to 25 minutes or until edges are golden brown and bars are set. Yield: 16 squares

PER PORTION:
300 calories, 45 g carbohydrate, 8 g protein, 10 g fat, 4 g fiber

PRE-WORKOUT

Maple Rice Pudding

- | | |
|--|----------------------------|
| 3 cups cooked rice | 1-1/2 cups skim milk |
| 1/4 cup all-purpose flour | 2/3 cup pure maple syrup |
| 1 can (12 oz.) low-fat evaporated milk | 1 teaspoon vanilla extract |
| | 1/4 teaspoon salt |

In a medium saucepan, combine all ingredients. Cook over medium heat, stirring frequently, until mixture comes to a boil. Remove from heat and cool. Serve warm or chilled, topped with fresh berries and a sprinkle of granola, if desired. Yield: 6 portions

Fit Maple Pre-Workout Tip:

To be a champion, you have to eat like one. Plan ahead and eat 60-90 minutes before your workout. The goal is to include foods that are high in carbs, moderate in protein and low in fat and fiber. Fat is not a quick fuel source, and because fiber-rich foods take longer to digest, they are not recommended before exercise. The last thing you want is to feel full and weighed down when you're trying to perform like a champion!

PER PORTION:
270 calories,
55 g carbohydrate,
10 g protein, 1 g fat,
0 g fiber



POST-WORKOUT

Fruity Maple Refueler Shake



Fit Maple Post-Workout Tip:

Including pure maple syrup in your recovery meal provides you with replenished energy, manganese to help with muscle recovery and 54 different antioxidant compounds to help protect the body from oxidative stress.

- 1 cup fresh or frozen strawberries (or cut-up fruit)
- 3/4 cup fat-free Greek yogurt
- 1/2 frozen banana, cut into chunks
- 1/2 cup cold water
- 1/4 cup quick-cooking oats
- 1/4 cup pure maple syrup
- 4 ice cubes

Place all ingredients in blender; whirl until smooth. Pour into glasses and sprinkle with nutmeg, if desired. Serve immediately. Yield: 2 portions (about 10 ounces each)

PER PORTION:
254 calories, 52 g carbohydrate, 11 g protein, 0.5 g fat, 0 g fiber

DURING WORKOUT

All-Natural Maple Sports Drink

- | | |
|--------------------------|--|
| 3-1/2 cups cold water | 1/8teaspoon salt |
| 1/4 cup orange juice | |
| 1/4 cup pure maple syrup | Mix all ingredients together. Yield: 1 quart |
| 2 tablespoons lime juice | |

PER PORTION:
60 calories, 15 g carbohydrate, 0 g protein, 0 g fat, 0 g fiber, 75 mg sodium, 115 mg potassium



Fit Maple Hydration Tip During Your Workout:

When working out for more than an hour, a sport drink can ward off dehydration, provide needed electrolytes (potassium and sodium) and energize your workouts. This all-natural sports drink recipe contains no artificial colors or flavors, and no additives or preservatives.

 Federation of Quebec Maple Syrup Producers

 Agriculture and Agri-Food Canada  Agriculture et Agroalimentaire Canada



The Federation of Quebec Maple Syrup Producers does not suggest consuming large quantities of any kind of sweetener. But if you are looking for a sweetener, choose pure maple syrup because of its range of healthful compounds.

purecanadamaple 

Canada Maple Syrup 

purecanadamaple.com



NUTRITIONAL BENEFITS OF MAPLE SYRUP FROM CANADA

Per 60 ml Portion in %DV*	Maple Syrup of Canada	Honey	Sugar	Brown Sugar	Agave Syrup
Manganese	100	3	0	9	0
Riboflavin (B2)	37	2	1	0	0
Zinc	18	2	0	1	0
Magnesium	7	1	0	7	0
Calcium	5	0	0	5	0
Potassium	5	1	0	6	0
Calories	217	261	196	211	256
Sugars (in g)	54	71	51	54	56

LEGEND: ● Excellent Source of ● Good Source of ● Source of

*DV: The Daily Value is the amount deemed sufficient to meet the daily needs of the majority of healthy individuals.
Source: Canadian Nutrient File (Health Canada)



Maple: Fueled By Nature

Whether you are a frequent walker, weekend warrior or preparing for your next marathon, good nutrition is a key ingredient in a successful fitness regimen. Training hard can get you only so far without the right food choices. Pure maple syrup from Canada is an all-natural energy booster and a superior sweetener choice to help fuel your body before, during and after a workout.

Our team of registered dietitians helped develop these maple tips and recipes perfect to enhance your healthy and active lifestyle.



Why Maple?

- Maple syrup is **100% natural** and a great alternative to sugar. Because it is unprocessed, it contains **beneficial vitamins and minerals**, including manganese, riboflavin, zinc and potassium.
- Maple syrup is a **natural energy source**, providing you with simple carbohydrates that are easily broken down by the body into glucose and **used for fuel during exercise**.
- Maple syrup contains **54 different antioxidant compounds**. A 1/4 cup of maple syrup, for example, contains as much antioxidant activity as a raw tomato or broccoli. Antioxidants protect **our cells from oxidative damage caused by free radicals** from intense physical exercise.
- Maple syrup is an **excellent source of manganese and zinc**, two minerals vital for **muscle recovery**. A 1/4 cup of maple syrup meets 100% of your daily need for manganese, and 18% of the recommended daily value of zinc. Maple contains more manganese and zinc than other sweeteners.



Did you know?

- The darker the grade of maple syrup, the higher the antioxidant activity.
- Maple syrup contains fewer calories than corn syrup and honey.
- Leading pancake syrup brands in the U.S. contain **NO pure maple syrup** and rely on high fructose corn syrup as the primary source of sweetener. To get real, pure maple syrup in the grocery store, make sure the back label says **100% pure maple syrup and nothing less!**

Maple & Exercise

- Before your workout, maple syrup gives you the energy burst needed to jumpstart your exercise regimen.
- During a long workout, maple syrup can be a natural endurance booster. Use it in homemade sports drinks and energy snacks for a readily available and long-lasting supply of energy that helps you maintain your stamina.
- After your workout, maple syrup helps your body recover by replenishing used glycogen stores.
- Maple syrup contains potassium, which is an electrolyte that helps regulate fluid balance and assists with normal muscle function. The more intense your workout, the more you need to replace the electrolytes your body loses through perspiration.
- Compared to commercially produced alternatives, energy beverages and bars made with pure maple syrup are the healthier choice. Maple syrup is an authentic, natural product, unprocessed and free of any coloring or additives.

