

Easy Peasy Berry Syrup

Kids will love this tasty syrup which has less than half the sugar of regular maple syrup.

Serves 6



Ingredients

- ½ cup maple syrup
- 2 cups berries (fresh or frozen)

Nutrition Facts

Serving Size about 1/4 cup
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 20g

Protein 0g

Vitamin A 0% • Vitamin C 4%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Heat berries and syrup over medium heat until fragrant and well combined, about 5 minutes.
2. Using an emersion blender or a countertop blender, puree well if desired.
3. Serve warm over pancakes or waffles.

Please note: nutritional values are approximate.

