

Maple Syrup Substitute

This recipe is good in a pinch and only takes a few minutes to prepare. My family has found they prefer it to most commercial syrups.

Makes approx. 1¼ cups syrup

Place in a small saucepan:

1½ cups **coconut palm sugar**

Heat to medium and cook just until the sugar melts and browns.

Then add:

1 cup **boiling water**

Cook on medium heat, stirring often until sugar dissolves completely in the water. Reduce heat to a simmer and continue to cook on low, stirring often, as syrup thickens, about 5 – 7 minutes.

Once syrup has thickened, remove from heat. Add:

1 teaspoon **extra light olive oil**

1 teaspoon **vanilla** or **maple extract**

Use mixture in any recipe that calls for maple syrup.

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| <ul style="list-style-type: none">▪ For those with corn sensitivities: Some maple syrups may use corn oil as an anti-foaming agent when processing. Be sure to check with the manufacturer to see if they defoam their syrup and what they may be using to defoam it. |
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