

GET THE FACTS

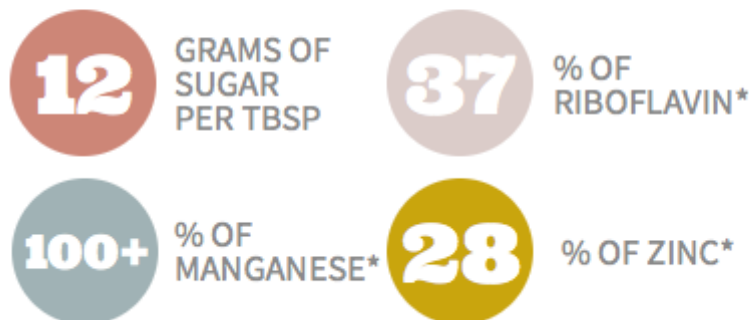
BARREL AGED MAPLE SYRUP



100% NO FAT CONTENT
HIGH ANTIOXIDANTS
NATURAL 1/3
FEWER CALORIES THAN CORN SYRUP
SUBSTITUTE FOR CORN SYRUP
CAN REDUCE RISK OF DISEASE CANE SUGAR
WHITE SUGAR
ARTIFICIAL SWEETNER

A little goes a long way...

NUTRIENT COMPOSITION



COOKING IDEAS

MEAT



BEEF.CHICKEN.PORK



VEGETABLES

BRUSSELS SPROUTS.SWEET POTATOES

SEAFOOD



SALMON.SHRIMP.SCALLOPS



DESSERT

ICE CREAM.POUND CAKE

COCKTAILS



OLD FASHIONED.SMASHED DRINKS



BREAKFAST

CANDIED BACON.YOGURT.GRANOLA

BARREL-AGED CREATIONS

FOR RECIPES
barrelagedcreations.com

Sources: * recommended daily value
<http://cfs.nrcan.gc.ca/publications?id=28297>
<https://www.healthbenefitstimes.com/maple-syrup-facts-and-benefits/>
<https://food-nutrition.canada.ca/cnf-fce/report-rapport.do>



NO alcohol content

P

paleo friendly



NO animal products