



## MAPLE ORANGE COCKTAIL SPRITZER

*Relax and Rejuvenate with this Maple Orange Cocktail Spritzer!*

### **Ingredients – by the glass**

- 1 lime (organic preferred)
- 1 sprig of Rosemary
- ¼ oz fresh lime juice
- 1 tsp Maple Valley maple syrup
- 3 oz orange juice (chilled, organic preferred)
- Ice**
- 1 oz vodka
- 2 oz sparkling water (chilled, unflavored)

2. To your chilled glass, pour in vodka, lime juice and Maple Valley maple syrup (amber or dark).
3. Add in the orange juice and finish with sparkling water and ice.
4. Stir to combine.
5. Garnish with a lime wedge and Rosemary sprig.
6. Serve immediately.

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1. *Optional: Chill the glass or glasses in the freezer in advance*

*Note: You can easily scale up this recipe to serve more and if you want added zing – substitute the sparkling water with ginger beer.*

**MAPLE  
VALLEY**  
*cooperative*

**TAP INTO GREATNESS**



Use *Maple Valley* syrup  
in all of your recipes!

### SUBSTITUTE FOR SUGAR:

Use 2/3 cup of maple syrup for each cup of granulated sugar and reduce the quantity of liquid in the recipe (water, milk or juice) by about 1/4 cup. Reduce oven temperature by 25°F to prevent over-browning.

For honey, molasses or agave syrup, substitute in equal quantities.



## NUTRITIONAL VALUE FOR VARIOUS SWEETENERS

% of Recommended Daily Value (DV) per 1/4 cup (60ml)

SWEETENER	MAPLE SYRUP		HIGH FRUCTOSE CORN SYRUP		HONEY		BROWN SUGAR		WHITE SUGAR	
	1/4 cup/ 80g		1/4 cup/78g		1/4 cup/85g		1/4 cup/55g		1/4 cup/51g	
	% DV	mg	% DV	mg	% DV	mg	% DV	mg	% DV	mg
Riboflavin	37	0.59	1	0.01	2	0.03	0	0.0	1	0.01
Thiamin	1	0.01	0	0.0	0	0.0	0	0.0	0	0.0
Manganese	95	1.89	4	0.07	4	0.07	2	0.04	0	0.0
Zinc	6	0.58	0	0.02	2	0.19	0	0.02	0	0.0
Magnesium	7	16.5	0	0.0	1	1.75	2	5.0	0	0.0
Calcium	5	58.0	0	0.0	0	5.0	4	45.8	0	0.48
Iron	1	0.09	0	0.02	3	0.36	3	0.39	0	0.03
Selenium	1	0.4µg	1	0.55µg	1	0.66µg	1	0.65µg	1	0.3µg
Potassium	5	167	0	0.0	1	44.0	2	73.3	0	0.96
Calories	216		220		261		216		196	

SOURCE: USDA NUTRIENT DATABASE AND CANADIAN NUTRIENT FILE

Notes: Figures shown represent the overall minimum values for minerals, nutrients and the maximum for calories reported. The percent daily values (% DV) were calculated using the Health Canada recommended daily intake values for an average 2,000 calorie diet.

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