



MAPLE COFFEE MILKSHAKE

A super simple yet amazingly delicious and not too sweet milkshake.

Ingredients (serves 2-4)

4 c. vanilla or vanilla bean ice cream (organic)

1½ cups freshly brewed (dark or strong) coffee (room temp or chilled)

½ c. Maple Valley maple syrup

Optional: Real Whipped Cream and maple syrup for topping and cookies on the side!

Directions

- In a blender, add ice cream, coffee and maple syrup and blend until smooth.
- Pour into chilled glasses and top with whipped cream and a drizzle of maple syrup.
- Enjoy!



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.

maplevalley.coop

