

# Maple Syrup Cake

NUMBER OF SERVINGS: 8

## Ingredients

### Cake

- Butter ½ cup (250 mL)
- Brown sugar ¼ cup (50 mL)
- Ontario eggs 2
- Flour, all-purpose 2 cups (500 mL)
- Baking powder 3 tsp (15 mL)
- Salt ½ tsp (2 mL)
- Cinnamon ¼ tsp (1 mL)
- Ontario Maple Syrup ¾ cup (175 mL)
- Milk ¼ cup (50 mL)

### Icing

- Ontario Maple Syrup ¼ cup (50 mL)
- Butter 2 Tbsp (25 mL)
- Icing Sugar 1 cup (250 mL)
- Ginger ⅛ tsp (0.5 mL)

## Directions

1. Cream the butter and brown sugar. Add the eggs, one at a time and beat well. Add maple syrup and milk, and beat well.
2. In a separate bowl, combine the flour, baking powder, salt and cinnamon.
3. Slowly add the dry ingredients to the creamed mixture. Beat well after each addition.
4. Pour batter into greased and floured 9-inch (23 cm) square pan.
5. Bake at 350°F (180°C) for 35 minutes, or until toothpick inserted in centre of cake comes out clean. Let cake cool.
6. To make icing, combine maple syrup and butter in small saucepan over medium heat to melt butter.
7. Beat in icing sugar and ginger.
8. Cool completely, stirring occasionally, until icing is thick and spreadable. Spread over cooled cake.

## NUTRITION PER SERVING

Calories 454 | Protein 5g | Fat 16g | Carbohydrates 75g | Fibre 1g | Sodium 345mg



Maple syrup is made from the sap of primarily sugar, red, and black maple trees in late winter and early spring. The sap is collected and boiled down into syrup. It takes approximately 40 litres of maple sap to make 1 litre of maple syrup.



Maple syrup contains many antioxidants. Antioxidants, which are found in many different foods, have been studied for their role in reducing risk of age-related diseases such as cardiovascular disease, certain types of cancer and Alzheimer's disease.



Try making this maple cake into cupcakes by distributing the batter evenly in a 12-muffin tin and baking for 15-20 minutes or until an inserted toothpick comes out clean.

# Desserts



*Recipe  
and Photo  
Courtesy of  
Foodland Ontario.*



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*Recipe adapted by authors for use in  
Recipe Resource for Healthy Aging.*