



Nourished by Nature

**Discover the health and wellbeing
benefits of pure Canadian maple syrup
and fuel your active lifestyle**



5	Welcome Introduction
6	Nutritional info Dr Deborah Coughlin
12	Recipes Part 1
22	Exercises Rachel Watson
28	Recipes Part 2
42	Invest in a healthy mind Charlie Jordan

Contents

Click the sections you would like to view



Welcome

Nutrition is an essential factor in fuelling a healthy and active lifestyle. Whether you're an endurance athlete, gym fanatic, or even a home workout novice, the key to nailing a fitness routine is eating the right food at the right times to power both a healthy mind and body.

Pure Canadian maple syrup is a natural ingredient, free from additives and preservatives, which is also gluten-free and suitable for vegans.

As well as enhancing the flavour of sweet and savoury dishes, Canadian maple syrup can provide a variety of essential vitamins and minerals.

It's packed with riboflavin, helping with the reduction of tiredness and fatigue, and a source of potassium, which contributes to normal muscle function – as part of a healthy diet and lifestyle.

In this booklet, you will find a collection of well-balanced recipes, nutritional tips, exercises for throughout the day, and a beginner's guide to mindfulness. All together, these tools will help you to become *Nourished by Nature* and be the very best version of yourself, both inside and out.



Like what you've read so far? Please let us know by tagging us on social media **@maplecanadauk**. We'd love to hear your **#NourishedbyNature** experience.

Nutritional info

Exercise and nutrition

Whether you have recently got into an exercise routine at home during lockdown, or are keen to start something new, knowing what to eat will help you get closer to your goals.

But this can be confusing – especially when there is so much conflicting information out there. **Sports nutritionist, Dr Deborah Coughlin**, shares her effortless tips to help you fuel your fitness regime.



The basics

Aim for a balanced food and drink intake every day. It doesn't have to be perfect but stick to the basics; **three meals a day** that each contain **carbohydrates, protein** and **fruit or vegetables** – and ensure you stay hydrated.

Remember, lots of different coloured fruit and vegetables and a variety of wholegrains are also great to support both your exercise regime and overall health.

Creating a healthy baseline will power you through your day and prepare you for whatever exercise you choose to add in.



**3 meals
a day**

Do I need to eat before exercise?

Simply put, it all depends on what you plan on doing:

Easy: Strictly speaking, for a relatively easy workout like a 30-minute power walk, 60-minute yoga session, a 20-minute HIIT class, or 30 minutes of weight training – you don't need to eat anything in addition to your regular meals.

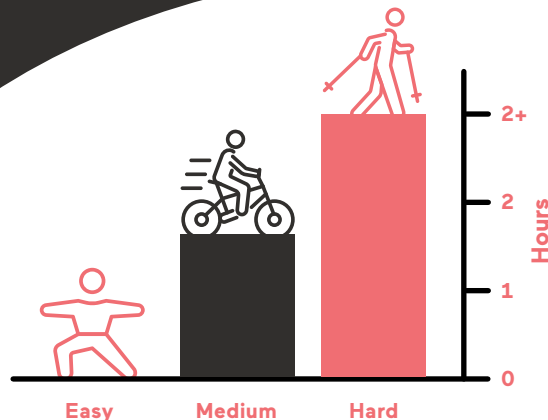
Medium: Something more demanding like a 45-minute cycle class or a long-distance run is best done approximately one or two hours after you've eaten a regular meal but you don't need to add in anything else.

If it's been four or five hours since your last meal, then a banana or small cereal bar will help around 30-60 minutes before you get going. This will help to boost your energy levels, something maple syrup can help you with too, as an energy source from nature.

Hard: If you're planning a much tougher 2-hour run or a 4-hour bike ride, then a carbohydrate-based meal two hours or so before you go will provide you with the energy you need to power through.



Tip: If you can, plan your workout for two or three hours after a meal so you don't need to make any sudden changes.

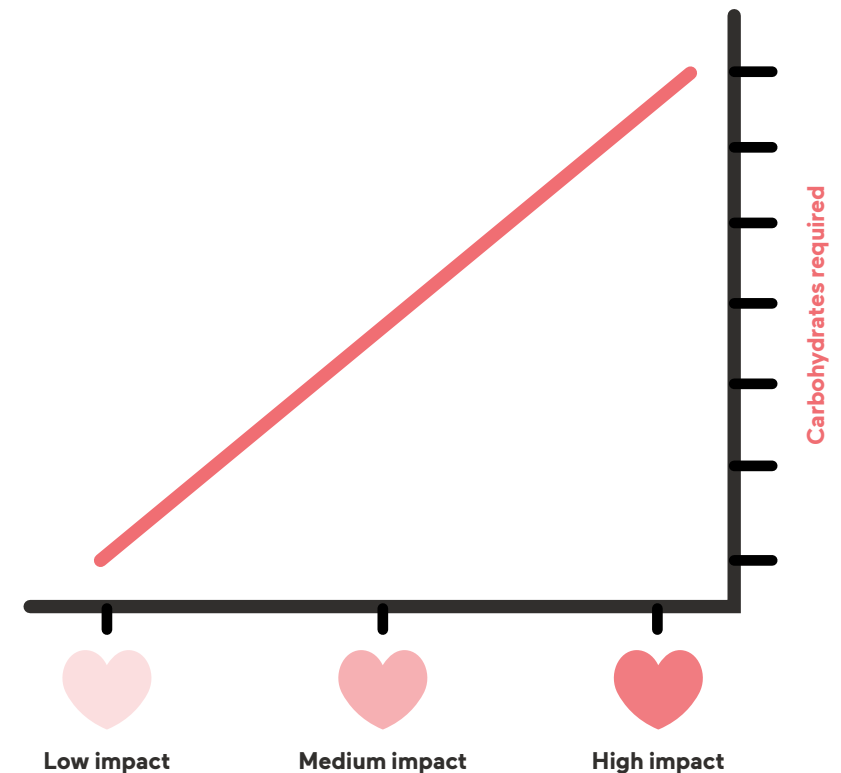


Are there any foods I should include if I do more exercise?


The more exercise you do, the more carbohydrates you need, as they fuel your muscles.

If you are doing a short yoga session, you don't need to consume anything extra but for a long, tough bike ride you will need some extra carbohydrates.

A bigger bowl of porridge for breakfast will do the trick – always made sweeter with a dash of maple syrup!



Do I need to eat immediately after exercise?




Unless you've done a particularly gruelling workout and are planning to exercise again that same day, then this is not necessary. Simply eat your regular meals as you would normally do.

However, if you've just finished a tough session and your next meal is still a few hours away, you may want a snack. The 30 minutes following exercise is the best window of opportunity to refill the glycogen stores that have been depleted during the workout. A good carbohydrate intake is essential to restock the energy stores along with some protein to fuel muscular recovery.

Please see the recipe on page 38, apple, kale and maple smoothie.

Do I need a recovery drink?



It's important to rehydrate after exercise. The amount of hydration you need depends on how tough the session was and how much sweat your body produced. Refill your water bottle and aim for smaller, more regular sips over the hour or so after exercise, rather than drinking it all in one go. A sweet maple smoothie will also work a treat to revive you.



Fact

Maple water or syrup, with an equivalent carbohydrate content found in commercial sports drinks (60g/L), has been clinically tested to show similar efficacy compared to consumer sports drinks and can readily be used as a source of energy during endurance exercise.

Using a natural product that athletes enjoy and are inclined to drink more of during exercise can be key to maintaining fluid balance. Maple syrup beverages offer an excellent alternative to commercial beverages. Sports beverages made with pure maple syrup do not contain any processed sugars, are gluten-free, vegan and free of any colouring or additives.

Mushrooms, kale and barley with fresh herbs, maple and pastrami

This recipe is great for sharing with your workout buddy two hours before a demanding strength workout or cardio session to provide you with the essential energy to keep you going. Alternatively, cook the barley before you exercise, and it will be ready to add to the recipe after your workout.

Method:

Wash the barley and then cook in water for 45 minutes.

Cook the kale in boiling water for 30 seconds, then immerse in a bowl of cold water.

Pan fry the mushrooms in butter and thyme until tender.

Add pastrami, drained kale and barley to a pan then add the maple syrup. Season with salt, pepper and sprigs of fresh thyme.

Fry together for 8 minutes and serve.

Nutrition information					
Typical Values	per 100g		per 490g serving		%RI per serving
Energy	475	KJ	2328	KJ	28%
	113	kcal	552	kcal	28%
Fat	1.8	g	9.0	g	13%
of which saturates	0.8	g	4.0	g	20%
Carbohydrate	18	g	88	g	34%
of which sugars	2.9	g	14	g	16%
Fibre	3.3	g	16	g	–
Protein	4.4	g	22	g	43%
Salt	0.19	g	0.91	g	15%



Prep:
15 mins



Cooking:
1 hour



Serves:
2

Ingredients:

200g kale
200g pearl barley
200g chestnut mushrooms (quartered)
100g pastrami (sliced into thin strips)
2tsp butter
3 sprigs of thyme
2tbsp pure Canadian maple syrup (preferably amber syrup for its rich taste)

[Click here for recipe video](#)



Spinach pancakes with maple and eggs

Start the day right with a nutritional breakfast packed full of goodness. Powered with three key elements (carbohydrates, proteins and fats) for maximal performance, this one will be a hit with your fitness friends.

Method:

Whisk eggs, flour, melted butter, baking powder and maple syrup together to form a batter.

Blanche spinach in boiling water and drain as much as possible.

Blend the spinach to a pulp and add to the batter.

In a frying pan on a medium heat, add the batter and fry until golden, turn and cook until golden.

Add to a plate and top with a fried egg or your topping of choice, drizzle with extra maple syrup. Serve and eat immediately.

Nutrition information					
Typical Values	per 100g		per 43g serving		%RI per serving
Energy	1094	KJ	470	KJ	6%
	261	kcal	112	kcal	6%
Fat	12	g	5.0	g	7%
of which saturates	2.7	g	1.1	g	6%
Carbohydrate	28	g	12	g	5%
of which sugars	7.6	g	3.3	g	4%
Fibre	3.6	g	1.5	g	–
Protein	9.0	g	3.9	g	8%
Salt	0.55	g	0.24	g	4%



Prep:
5 mins



Cooking:
5 mins



Serves:
12

Ingredients:

- 100g spinach
- 2 eggs, plus extra for serving
- 4tbsp melted butter
- 175g plain flour
- 1tsp baking powder
- 2tbsp pure Canadian maple syrup (preferably amber syrup for its rich taste)



Asian broccoli salad with maple nut butter

Green vegetables are packed full of vitamins, but they can sometimes be a little boring. This maple nut butter - made with toasted peanuts - is a great way to add flavour to this dish and provide some extra protein which will help with muscle repair after exercise.

Method to make the maple nut butter:

Pan fry the peanuts until golden brown.

Add to a food processor with olive oil, maple syrup, hot water and soy sauce and blitz until smooth.

Method to make the salad:

Cut the broccoli into small florets and steam until tender.

Steam the edamame beans until tender.

Add to a salad bowl and dress with the nut butter.

Toast some extra peanuts and sprinkle them over your greens along with some black sesame seeds.

Nutrition information					
Typical Values	per 100g		per 143g serving		%RI per serving
Energy	1112	KJ	1590	KJ	19%
	268	kcal	383	kcal	19%
Fat	20	g	28	g	40%
of which saturates	3.3	g	4.7	g	24%
Carbohydrate	8.3	g	12	g	5%
of which sugars	5.2	g	7.4	g	8%
Fibre	4.9	g	7.0	g	–
Protein	12	g	17	g	35%
Salt	0.37	g	0.53	g	9%



Prep:
10 mins



Cooking:
15 mins



Serves:
4

Ingredients for the butter:

1 tbsp pure Canadian maple syrup (preferably amber syrup for its rich taste)

3 tbsp olive oil

85g peanuts

1 tbsp hot water

1 tbsp soy sauce

Ingredients for the salad:

1 head of broccoli

120g edamame beans

60g peanuts

Sprinkle of black sesame seeds to garnish



Chicken noodle soup with maple and chillies

Boiling a chicken in this naturally flavoursome stock is a healthy way to enjoy a meal. If you're prepping for the week, bottle up the stock to re-heat and pour over your daily portion for a quick and easy meal.

Method:

Boil a whole chicken in water with the carrot, onion, ginger, lemongrass, celery and maple syrup for an hour and a half, removing impurities from the top of the water as needed.

Take the chicken out of the stock and remove the skin and fat and shred the meat from the bones.

Remove the veg from the stock and discard.

Boil the remaining stock on a high heat and reduce by a third. Once the stock is ready cook the noodles for 30 seconds until soft.

Add a portion of the mushrooms, shredded chicken, pak choi, chilli and noodles to a large serving bowl and pour over the hot stock.

On a side plate add coriander, peanuts, lime wedges and chilli and use to flavour each individual soup to taste.

Nutrition information					
Typical Values	per 100g		per 377g serving		%RI per serving
Energy	347	KJ	1308	KJ	16%
	82	kcal	310	kcal	16%
Fat	1.6	g	6.0	g	9%
of which saturates	0.4	g	1.6	g	8%
Carbohydrate	11	g	42	g	16%
of which sugars	3.6	g	14	g	15%
Fibre	0.3	g	1.1	g	–
Protein	5.6	g	21	g	42%
Salt	0.05	g	0.18	g	3%



Prep:
10 mins



Cooking:
1:45 mins



Serves:
12

Ingredients:

1 whole chicken
300g of mushrooms, gently torn/shredded
1 red chilli, sliced
1 whole white cabbage/pak choi (shredded)
400g rice vermicelli noodles
4 litres boiling water
1 carrot, peeled
1 onion, outer skin removed
1 inch ginger
1 stalk lemongrass
1 celery
100ml pure Canadian maple syrup (preferably golden colour for its delicate flavour)
1-2 limes, cut into wedges
Handful of peanuts, chopped
Handful of coriander

[Click here for recipe video](#)



Tip: Dried mushrooms can be used instead of fresh. To rehydrate them, add them to the hot stock to soak after cooking the noodles.

Carrot, lentil and maple cakes with tahini sauce

These are ideal to package up and take with you for the ultimate post-exercise healthy snack.

Method:

Roughly blend the lentils but be careful not to purée them. Add to a bowl.

In a hot frying pan with olive oil cook spring onions and paprika on a low heat. Add grated carrot and cook for 2-4 minutes, stirring continuously.

Add this mixture to the lentils, add breadcrumbs and an egg and mix together. Then add the chopped chives, salt and pepper.

Separate the mixture into 8 small round patties, roughly 80g each. Shape and dust with flour. Place on a tray lined with parchment paper.

Chill overnight in the refrigerator or for at least an hour.

Mix all of the tahini sauce ingredients together in a serving bowl.

Pre-heat the oven to 200C and bake the patties for 15-20 minutes until golden brown.

Serve warm with tahini sauce.

Nutrition information

Typical Values	per 100g		per 170g serving		%RI per serving
Energy	545	KJ	930	KJ	11%
	129	kcal	221	kcal	11%
Fat	2.4	g	4.2	g	6%
of which saturates	0.5	g	0.8	g	4%
Carbohydrate	18	g	31	g	12%
of which sugars	2.9	g	5.0	g	12%
Fibre	2.8	g	4.8	g	–
Protein	7.5	g	13	g	25%
Salt	0.17	g	0.28	g	5%



Prep:
15 mins



Cooking:
15-20 mins



Chill time:
At least an hour



Serves:
6-8

Ingredients for the cakes:

125 grams carrots (grated)
600-650g drained pre-cooked red lentils
100g breadcrumbs
1 tsp paprika
15g chives (chopped)
25g spring onion
Handful of rocket
Salt and pepper
1 tsp olive oil
1 egg
2 tsp flour

Ingredients for the tahini sauce:

½ tbsp tahini
½ tbsp pure Canadian maple syrup (preferably amber syrup for its rich taste)
2 tbsp low fat Greek yoghurt
2 tsp lemon juice
10g chopped parsley

Click here for recipe video



Exercises

The following four exercises have been created by **Rachael Watson**, a **yoga teacher**, **personal trainer** and **freelance fitness presenter** with 20 years of fitness experience. Rachael specialises in yoga and yoga therapy and is the director of Yoga Heaven, a successful yoga retreat business.

Each exercise can be performed at home without any equipment and has been created to suit all fitness levels. They each encompass four different aspects of fitness and can be used as stand-alone videos or combined for a more complete workout.

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Desk Stretches



Three quick and easy exercises that you can perform at your desk whenever you start to feel stiff or uncomfortable.

Yoga

A great yoga sequence which will help to improve total body strength, flexibility and balance. It will also improve posture, joint mobility and help to calm the mind.



High-Intensity Interval Training

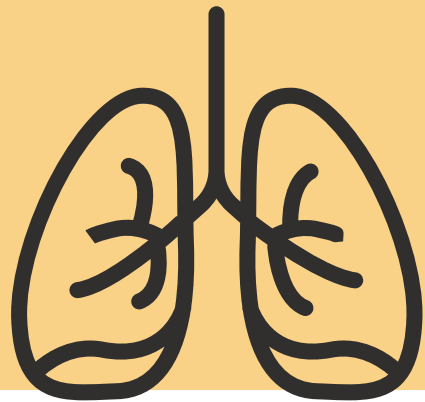
Incorporate this session into your current workout routine or try it out 3-4 times a week. Finish the session with the yoga video for a more thorough workout.



Mindful Breathing



Calm the mind and centre yourself with this helpful breathing video. Perform this sequence each morning to start the day on a positive note. Alternatively, use our mindful breathing tips when feeling stressed or if you need to switch off at the end of a busy day.



Maple cauliflower buffalo wings

These veggie baked treats look too good to be healthy – but they actually provide one of your 5-a-day. Served with a maple yoghurt dip that you won't be able to resist.

Method:

Preheat the oven to 180 degrees.

Mix together the spices and flour.

Add the sunflower spread, maple syrup, milk and buttermilk and mix together until it forms a batter.

Coat the cauliflower florets in batter and place on a baking tray lined with lightly oiled baking paper.

Bake for 20 minutes until golden brown and slightly catching.

Leave for a moment to cool and sprinkle with chopped spring onions or fresh herbs of your choice.

Nutrition information					
Typical Values	per 100g		per 86g serving		%RI per serving
Energy	752	KJ	648	KJ	8%
	179	kcal	154	kcal	8%
Fat	5.6	g	4.8	g	7%
of which saturates	1.4	g	1.2	g	6%
Carbohydrate	25	g	21	g	8%
of which sugars	6.6	g	5.7	g	6%
Fibre	2.5	g	2.1	g	–
Protein	6.1	g	5.2	g	10%
Salt	1.3	g	1.1	g	19%



Prep:
10-12 mins



Cooking:
20-25 mins



Serves:
10-12

Ingredients:

- 1 head of cauliflower, broken into florets
- 192g strong white flour
- 2tsp smoked paprika
- 2tsp cumin
- 2tsp ground coriander
- 280ml buttermilk
- 100ml full fat milk
- 2tsp salt
- 4 tbsp sunflower spread
- 2tbsp pure Canadian maple syrup (preferably dark syrup for its robust taste)
- 3 spring onions

[Click here for recipe video](#)



Tip: Batter can be made in advance if necessary. If you can't get buttermilk, mix 280ml full fat milk with the juice of a lemon. Serve with a dip of your choice, we recommend either hot sauce, blue cheese dip or a maple yoghurt dip.

Loaded vegan maple naan

The main source of fuel for your muscles and brain are carbohydrates. Load them up with your favourite with your favourite veggies for a completely vegan meal.

Method:

Mix the dry and wet bread ingredients separately.

Combine all ingredients and kneed for 5 mins, cover with cling film and leave to rise for 60-90 minutes in a warm place or until it has doubled in size.

Once risen, divide into six pieces and shape into rectangles 2cm deep.

Fry each in a lightly oiled pan on medium heat for 3-4 minutes, until browned.

Remove from the pan and leave to cool on a wire rack, repeating the process until all naans have been cooked.

In the same pan, fry onion on high heat until starting to brown, add the peppers and tomatoes and fry until softened.

Brush naan with melted sunflower spread and add the fried vegetables and sprinkle coriander.

Mix remaining yoghurt with chopped mint and dollop on top.

Nutrition information					
Typical Values	per 100g		per 198g serving		%RI per serving
Energy	543	KJ	1072	KJ	13%
	129	kcal	255	kcal	13%
Fat	3.1	g	6.0	g	9%
of which saturates	0.6	g	1.1	g	6%
Carbohydrate	20	g	39	g	15%
of which sugars	3.6	g	7.2	g	8%
Fibre	1.9	g	3.8	g	-
Protein	4.6	g	9.2	g	18%
Salt	0.52	g	1.0	g	17%



Prep:
10 mins



Cooking:
15 mins



Prove time:
60-90 mins



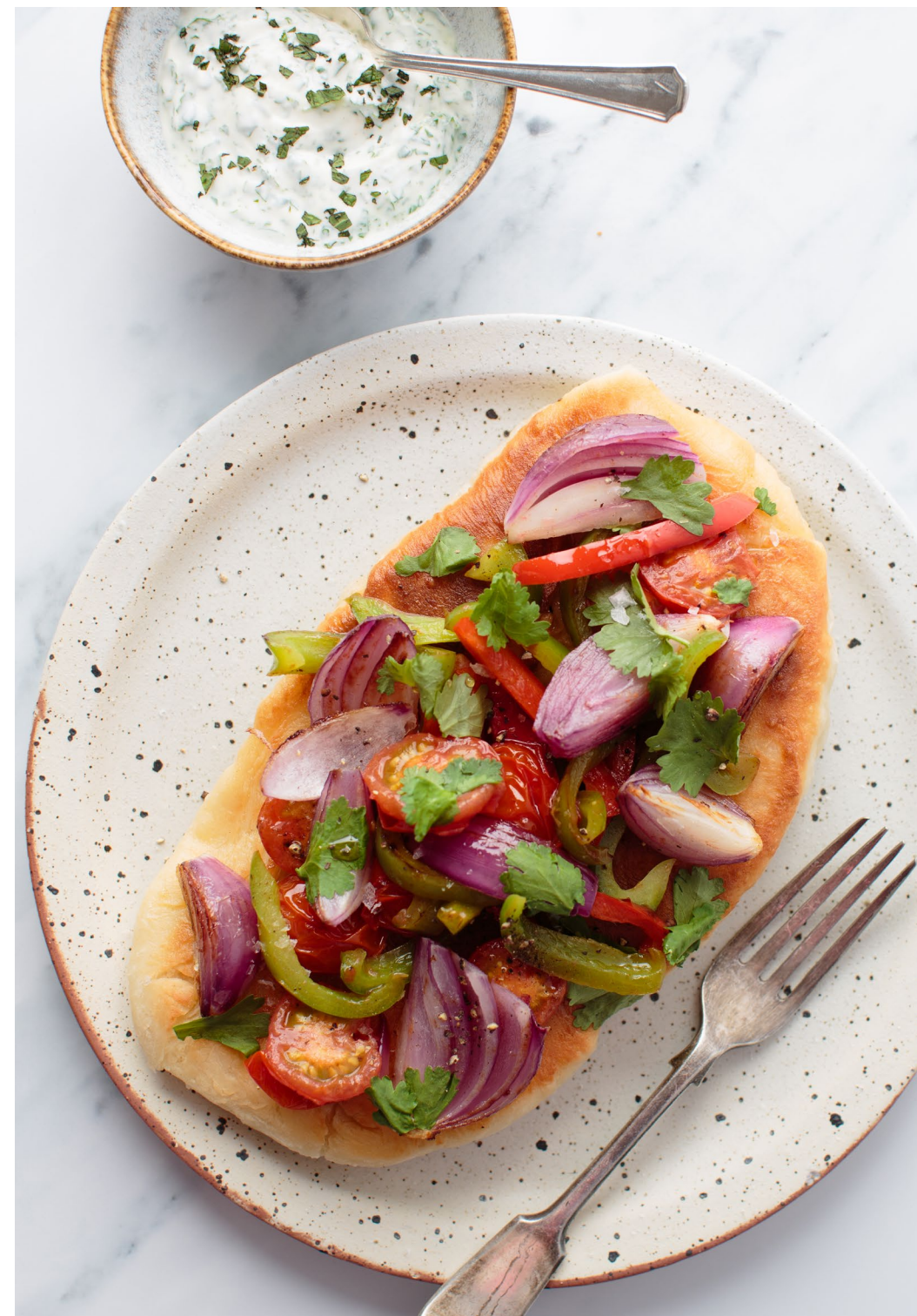
Serves:
6

Ingredients for the bread:

250g strong white flour
8tbsp low fat soy yoghurt
2tsp fast acting yeast
1tsp salt
4tsp pure Canadian
maple syrup (preferably
amber syrup for a rich
taste)
4 tsp olive oil
190ml hot/ warm water

Ingredients for the topping:

Small red onion, peeled
and cut into wedges
Peppers, red and green,
one of each cut into
strips
Coriander, roughly torn
Handful of cherry
tomatoes, halved
Parsley
Chopped mint
1tbsp sunflower spread
(can add garlic or herbs
to taste)
2tbsp low fat soy yoghurt



Mediterranean seared seabass with maple dressing

This recipe is like sunshine on a plate. Not only will it remind you of holidays in warmer climates, but the oily fish provides a healthy boost of vitamin D.

Method:

To make the dressing, sweat shallots and garlic in olive oil until softened in a frying pan on a low heat.

Add chopped peppers and maple syrup to a pan and cook until the peppers have softened.

Add lemon juice then set aside.

Lightly oil a pan on a medium heat, add seabass skin side down and cook for three minutes.

Add the spinach and turn the seabass before cooking for an additional three minutes.

Serve with the dressing and a wedge of lemon.

Nutrition information					
Typical Values	per 100g		per 240g serving		%RI per serving
Energy	430	KJ	1031	KJ	12%
	103	kcal	246	kcal	12%
Fat	5.0	g	11.9	g	17%
of which saturates	0.9	g	2.2	g	11%
Carbohydrate	4.4	g	10.6	g	4%
of which sugars	3.9	g	9.3	g	10%
Fibre	1.3	g	3.1	g	–
Protein	9.5	g	22.7	g	45%
Salt	0.10	g	0.24	g	4%



Prep:
5 mins



Cooking:
20 mins



Serves:
4

Ingredients:

4 fillets of seabass

1 green pepper, cored and chopped

1 red pepper, cored and chopped

3 shallots, finely chopped

3 cloves garlic, minced

Juice of half a lemon, other half use for garnish

2 tbsp pure Canadian maple syrup (preferably golden colour for its delicate flavour)

2 tbsp olive oil

Bag of spinach, wilted

Click here for recipe video



Tip: The vegetable dressing can be made in advance and kept in the fridge until needed. It's also great paired with chicken, halloumi or other types of fish.

Maple pork shawarma wraps with tomato salad

Craving a take-away but don't want to give in? This delicious pork wrap will satisfy your bad habits and is far healthier than you think.

Method:

Mix the spices in a bowl with olive oil, maple syrup and onions. Pour over the pork strips and leave to marinade overnight.

Preheat the oven to 200 degrees.

Place the pork and onion mixture on a tray and cook for 25-30 minutes.

Char the wraps on a grill.

Make the salad by dressing the chopped tomatoes and cucumber with the mint, black pepper and olive oil.

Combine all of the herb sauce ingredients.

Assemble the wraps and serve.

Nutrition information					
Typical Values	per 100g		per 568g serving		%RI per serving
Energy	616	KJ	3502	KJ	42%
	148	kcal	838	kcal	42%
Fat	7.6	g	43	g	62%
of which saturates	1.3	g	7.6	g	38%
Carbohydrate	14	g	77	g	30%
of which sugars	5.4	g	31	g	34%
Fibre	2.1	g	12	g	–
Protein	5.2	g	30	g	59%
Salt	0.20	g	1.1	g	19%



Prep:
20 mins



Cooking:
30-45 mins



Serves:
8-10

Ingredients for the wraps:

300g strips or pieces of pork
4 onions, peeled and finely sliced
1tsp cumin powder
1tsp coriander powder
1tsp ground cloves
1tsp tumeric
1tsp hot paprika or 2tsp normal strength paprika
6tbsp olive oil
4tbsp pure Canadian maple syrup (preferably dark syrup for its robust taste)
6 wholemeal wraps

Ingredients for the herb sauce:

Handful of parsley, chopped
Handful of coriander, chopped
3tbsp natural yoghurt

Ingredients for the salad:

5 beef tomatoes, chopped, core removed
1 cucumber, peeled, de-seeded and chopped
20g mint, chopped
Black pepper
5-6 tbsp olive oil



Tip: Add feta cheese for extra protein.

Frozen strawberry, maple and yoghurt bark

Packed full of natural sweetness, these fruity frozen pick-me-ups are great to make in advance to be enjoyed throughout the week. They are creamy and indulgent – but at just 40 calories per serving they can be enjoyed guilt free.

Method:

Add maple syrup, Greek yoghurt, vanilla extract and lemon juice in a bowl and whisk together.

Pour the mixture into a tray lined with parchment paper.

Stud with the fruits and chopped nuts.

Leave to freeze overnight.

Once frozen, remove from the freezer and slice into shards.

Either serve immediately or place back in the freezer to enjoy when desired.

Nutrition information					
Typical Values	per 100g		per 29g serving		%RI per serving
Energy	574	KJ	168	KJ	2%
	137	kcal	40	kcal	2%
Fat	5.1	g	1.5	g	2%
of which saturates	1.2	g	0.4	g	2%
Carbohydrate	17	g	4.8	g	2%
of which sugars	15	g	4.5	g	5%
Fibre	1.3	g	0.4	g	–
Protein	4.8	g	1.4	g	3%
Salt	0.11	g	0.03	g	0%



Prep:
10 mins



Frozen time:
Overnight
or a minimum
of 4 hours



Serves:
12

Ingredients:

100g selection of fresh berries

30g roasted almonds (roughly chopped)

250g low fat Greek yoghurt

4 tbsp pure Canadian maple syrup (preferably dark syrup for its robust taste)

1tsp vanilla extract

½tsp lemon juice



Tip: Warm the knife in hot water before slicing.

Apple, kale and maple smoothie

Good hydration throughout the day is essential for keeping your mind focused and replacing the water lost through exercise. This healthy smoothie packs a punch as maple syrup perfectly balances out the sour apples.

Method:

Add all ingredients to a blender or food processor and blend until smooth.

Pour into glasses and serve.

Nutrition information

Typical Values	per 100g		per 174g serving		%RI per serving
Energy	247	KJ	430	KJ	5%
	59	kcal	102	kcal	5%
Fat	1.2	g	2.1	g	3%
of which saturates	0.3	g	0.6	g	3%
Carbohydrate	9.0	g	16	g	6%
of which sugars	6.8	g	12	g	13%
Fibre	1.7	g	2.9	g	–
Protein	2.1	g	3.7	g	7%
Salt	0.08	g	0.14	g	2%



Prep:
20 mins



Serves:
6

Ingredients:

150g baby spinach

150g kale

4 Granny Smith apples
(peeled and cored)

2 tbsp pure Canadian
maple syrup (preferably
dark syrup for its robust
taste)

200ml almond milk or
water if preferred

3 tbsp low fat Greek
yoghurt

2 tbsp rolled oats

[Click here for
recipe video](#)



Tip: If making in advance,
make the smoothie
without the oats and
blitz in before serving.

Healthier maple brownie bars

Indulging in a treat every now and then is good for the soul, right? These brownie bars are easy to make and are naturally sweet.

Method:

Preheat oven to 180 degrees and prepare a baking tin with parchment or non-stick spray.

Mix cocoa powder, baking soda, salt and flour together in a bowl.

In a separate bowl, whisk sunflower spread, maple syrup and eggs together, adding one egg at a time.

Add wet ingredients to the bowl with the dry ingredients, mix together well then fold in the berries.

Spread the mixture onto the tray and cook for 30-40 minutes.

Use a knife in the centre to check if it's done, it should come out clean.

Slice into bars and serve or store in the refrigerator.

Nutrition information					
Typical Values	per 100g		per 38g serving		%RI per serving
Energy	1163	KJ	444	KJ	5%
	279	kcal	107	kcal	5%
Fat	17	g	6.6	g	9%
of which saturates	4.7	g	1.8	g	9%
Carbohydrate	19	g	7.3	g	3%
of which sugars	5.3	g	2.0	g	2%
Fibre	4.5	g	1.7	g	–
Protein	9.7	g	3.7	g	7%
Salt	0.65	g	0.25	g	4%



Prep:
20 mins



Cooking:
30-40 mins



Serves:
8-10

Ingredients:

- 30g cocoa powder
- 60g strong wholemeal flour
- 60g sunflower spread
- 2 eggs
- 1 tbsp pure Canadian maple syrup (preferably dark syrup for its robust taste)
- ¼ tsp baking soda
- Pinch of salt
- 40g strawberries, cut into smaller pieces if large
- 40g raspberries



Invest in a healthy mind

Like the rest of your body, your brain can be trained to be healthier with simple moments of mindfulness.

Charlie Jordan brings us five ways you can improve your wellbeing in as little as 60 seconds. Charlie is a **mindfulness practitioner** with over 15 years experience, working with everyone from primary school students, to writers and office workers.



Wake up ready

When the alarm goes off in the morning, resist the urge to check your phone for news and scroll through social media. Instead, for the first few minutes that you're awake, turn your gaze to the outside world, and look at the updates from the world of nature. Notice the direction of the light and the colours it produces as the sky resets itself each morning. Are the trees abundant with fir cones, and can you sense the clarity of a crisp cold winter morning?

Beginning our day with this moment of being present with the world can also help us set out our intentions for the day. This might be to remain open to change, or to be connected to those around us more, or to practice being calm and working on our quiet optimism.

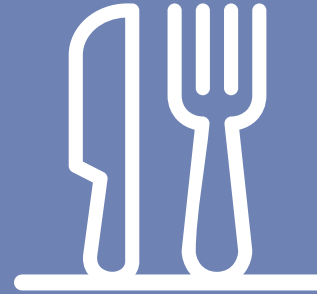




Take a breath of fresh air

Mindfulness can be described as a 'relaxed awareness'. So, taking in your surroundings for a 'Take 5 Moment' uses your five main senses to vividly anchor yourself in the present. No mulling over the past or concerns about the future. If you're outdoors, nature is brilliant for this.

Cleverly, it evolves and changes daily, so you can observe the seasons in slow motion. Cotton wool clouds in a blue sky, the snow crunching underfoot, crisp air on your skin? If you're lucky, maybe even smell a delicious lunch cooking, ready to taste!



Savour the taste

Preparing a nutritious meal can be the perfect gateway into a soothing retreat, just for a few moments. Check the label of your ingredients to discover the source and cast your mind to that location. Take Canadian maple syrup for example; imagine the maple trees growing tall in a silent forest.

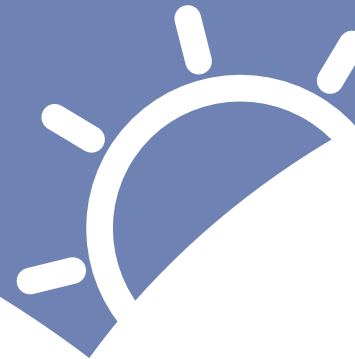
The maple sap gently drips into a bucket ready to be boiled into a rich, glossy syrup. As you drizzle it into your cooking, imagine the climate there, the crisp air and the peacefulness of the forest. Savour the aroma, colour and depth of flavours as you taste it. This enhances the flavour as well as the relaxing escape of cooking.



Pause your panic

If you ever find yourself stuck in a negative spiral of worry, then remember that worry becomes a habit – and is a poor use of your brilliant imagination. So instead of creating worst case scenarios of things that haven't happened yet, why not use your imagination to daydream about being on that relaxing beach?

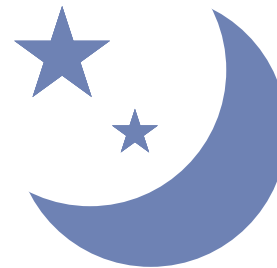
As you breathe in and out, visualise the tide gently lapping the shore, as you stretch out on the soft sand, the sun warming your face. That feels much better than panicking yourself, so take a 'Beach Minute' to relax. No sunglasses needed.



Wind down before bed

After a busy day, a few mindfulness moments help to calm and soothe us before sleep. Your evening routine, cleaning your teeth, or washing your face, but just think of three things to appreciate from the day, however small.

Finishing a project at work, making amazing soup with leftovers from the fridge, or perhaps the blissful warmth of a hot bath to settle into before bed. Focusing your mind on the good stuff is a great way to wind down the day. You don't have to stop at three, some people aim for a hundred as a grateful way to send yourself off to sleep.





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