

## **Rules for Substituting Maple Syrup for 1 Cup Granulated Sugar:**

**Use: 1 - 1 1/2 Cup of Maple Syrup ~ Because Maple Syrup is less sweet than granulated sugar. If you like sweeter muffins (etc) use the larger amount of syrup.**

**Decrease liquid 2 - 4 tablespoons per 1 cup Maple Syrup used ~ Because Maple Syrup contains more moisture than the solid granulated sugar, which the recipe calls for.**

**Add: 1/4 - 1/2 teaspoon baking soda (\*Note exception) ~ Because Maple Syrup has a slight acidity, which needs to be neutralized for the batter to rise and form properly. (\*Do Not add soda if recipe calls for buttermilk, sour milk or sour cream since these liquids do the same thing.)**

**Decrease oven by 25°F ~ Because the Maple Syrup will tend to caramelize, burn on the top and edges before a batter using a solid sweetener like sugar.**

**Maple Sugar can be used the same as granulated sugar when substituting.**