

8 delicious
recipes



✓vegan

✓unrefined

✓sugar substitute

MAPLE SYRUP





positive

TERRA
SANA

eating

GET TO KNOW US

We are happy to help you develop your ultimate lifestyle. Here, you know for sure that our 436 products are organic. We also often consciously opt for vegan and gluten-free products, so that everyone can enjoy good, delicious food. Food that is good for you and your body as well as the world around you. That's positive eating!

    Follow us on social media!

100%
organic

436
products

96%
vegan

78%
gluten-free



You can taste and feel the goodness.

terrasana.com

MAPLE? THIS IS HOW WE MAKE IT.

Maple syrup is a sweetener that we get from the maple tree. It is known for being 'pancake syrup', but as you'll discover in this booklet, there is so much more to maple syrup.

We make our maple syrup in Canada. We don't need much to do that, because the tree does most of the work. In the summer, the maple tree produces sugar. It stores that sugar as starch in its roots. In the springtime, this starch is converted into a sugary sap. The tree fills up with about 80 litres of sap. In March and April (sugar season), we make a small hole in the tree through which we can catch the sap. Then we boil the sap to make syrup. That's how the delicious 'liquid gold' is made!

DIFFERENCES.

Amber rich taste
Grade A

- ✓ pure flavour, quite neutral
- ✓ light-brown colour
- ✓ for dressings and desserts
- ✓ tapped at the start of *sugar season*

Dark robust taste
Grade C

- ✓ strong maple taste, caramel-like
- ✓ dark-brown colour
- ✓ for cooking, baking, fruit and sauce
- ✓ tapped at the end of *sugar season*



THE BENEFITS.

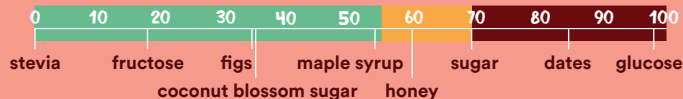
- ✓ Vegan honey substitute.
- ✓ 100% natural: no added aromas, colourings or flavourings.
- ✓ 100% pure: maple syrup only contains one ingredient: maple sap.
- ✓ The tree (the sap) renews itself each year. The power of nature!
- ✓ Contains polyphenols: antioxidants naturally found in foods including fruit, vegetables, whole-wheat products and coffee.
- ✓ Often used in the popular master cleanse diet.



✓ 100% pure ✓ bio-organic

GLYCEMIC INDEX.

The higher the product scores on the glycemic index, the faster your blood sugar levels rise when eating it.



12 servings

vegan

gluten-free

GRANOLA

crunchy breakfast

Ingredients

for the base:

200 g oat flakes (coarse) ✓

175 g nuts & seeds mix ✓

1 tbsp cinnamon

for the crunch:

30 g coconut oil

4 tbsp maple syrup ✓

optional to add later:

30 g sultana raisins ✓

20 g banana chips ✓

15 g coconut chips ✓

*our choice
with this recipe*



✓ of course, you get these products from TerraSana!

Preparation

Preheat the oven to 160°C. Combine all the ingredients for the base in a large bowl. Melt the coconut oil in a fire-proof bowl in the oven. Mix with the maple syrup. Mix well into the oat and nut mix, so that every flake and nut is covered. Spread the mixture evenly over a grate covered in parchment paper. Bake for approx. 20 minutes until evenly brown. Mix it up a bit in between.

SPICED CAKE

gluten-free

Ingredients

- 400 g oat flour ✓
- 400 g apple puree ✓
- 150 g maple syrup ✓
- 100 g oat milk
- 2 tbsp mix for spiced cookies
- 3 tsp baking powder
- 75 g cashews ✓

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*our choice
with this recipe*



Preparation

Preheat the oven to 160°C. Chop the cashews up a bit and set aside. Mix the rest of the ingredients in a bowl, to make a solid dough. Put in a cake tin or oven dish and sprinkle the cashews on top. Bake in the oven for approx. 50 minutes until evenly brown.

breakfast

12 servings

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vegan

gluten-free



PANCAKES

with coconut milk

Ingredients

2 eggs
1 can (200 ml) coconut milk ✓
pinch of salt
100 g oat milk
160 g flour
coconut oil for frying

for the topping:

fruit of choice
dash of maple syrup ✓

optional:

baobab or maca powder ✓
coconut cream ✓

*our choice
with this recipe*



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Preparation

Beat the eggs in a mixing bowl. Add the coconut milk, oat milk, flour and salt. Mix and beat until there are no more lumps. Put a bit of coconut oil in a frying pan and fry about 8 large or 20 small pancakes in it. Serve with fruit, sprinkle some baobab or maca powder over it and finish with a dash of maple syrup and perhaps a dollop of coconut cream.

Tip: use a 400 ml can of coconut milk and use the thick half for the cream and 200 ml of liquid for the pancake batter.

8 pancakes

ICE LOLLIES

without an ice cream machine

Ingredients

- 1 can (200 ml) coconut milk ✓
- 100 g amazake brown rice ✓
- 60 g white tahini ✓
- 3 g instant coffee
- 1 tsp shiro miso ✓
- 4 tbsp maple syrup ✓



✓ of course, you get these products from TerraSana!

Preparation

Put all the ingredients in the blender and mix until smooth. Don't blend for too long, as you do not want it to foam too much. Put the mixture in ice cream moulds and freeze for at least 5 hours.

Tip: you can also put the mixture in an ice cube tray for smaller bites!

snack



TERRA
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gluten-free

vegan

8 servings

BROWNIES

fudgy chocolate

our choice
with this recipe

Ingredients

200 g pure chocolate (70%)
50 g coconut oil
100 ml (170 g) maple syrup ✓
150 ml oat milk
3 tbsp raw cacao powder ✓
125 g oatmeal ✓
1/2 tsp vanilla powder
pinch of salt

optional for the chocolate layer:

60 g pure chocolate (70%)
1 tsp coconut oil



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Preparation

Preheat the oven to 180°C. Melt 200 g of pure chocolate and coconut oil in a bain-marie. Put the rest of the ingredients in a large mixing bowl and mix. Add the melted chocolate and mix to make a uniform batter. Bake in the oven for 25-30 minutes. Let cool and cut into small squares. For the extra layer of chocolate, melt 60 g of chocolate with 1 tsp of coconut oil. Put in a dispenser bottle and drizzle over the brownies.

SANDWICH

with sliced tofu

Ingredients

for the base:

- 200 g tofu
- 2 tbsp coconut oil (for frying)
- 4 slices of protein bread ✓
- handful of spinach
- 1 tomato
- 4 tbsp hummus with coriander ✓
- 4 pickles ✓

for the marinade:

- 2 garlic cloves
- 1 tbsp shiro miso ✓
- 2 tbsp maple syrup ✓
- 1 tbsp genmai su ✓

*our choice
with this recipe*



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Preparation

Thoroughly squeeze out the tofu and pat dry with a clean dish towel. Cut into 4 thin slices (approx. 0.5 cm thick). Press the garlic and mix with the rest of the ingredients for the sauce. Let the tofu marinate (the longer you wait, the better the flavour will be). Put a heaping tablespoon of coconut oil in a frying pan and fry 2 slices of tofu in for about 5 minutes until golden brown. Repeat with the other 2 slices. Cut the tomato into slices. Serve the bread with some spinach, tomato, the tofu slice, pickles and spread some hummus on top.

lunch

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4 sandwiches

vegan



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2 servings



vegan

gluten-free

SOBA

sweet & spicy

Ingredients

1 packet (200 g) soba noodles ✓
2 medium-sized red onions
1 large aubergine
3 hot red peppers ✓
handful of fresh coriander

for the sauce:

2 garlic cloves
2 tbsp tahini paste ✓
3 tbsp maple syrup ✓
3 tbsp tamari ✓
the juice of 2 lemons

*our choice
with this recipe*



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Preparation

Make the soba following the instructions on the packet. Dice the red onions. Cut the aubergine into cubes. Press the garlic and mix with the ingredients for the sauce. Marinate the aubergine with 3/4 of the sauce. Leave for an hour. Sauté the onion in coconut oil in a frying pan. Add the aubergine mixture and fry for approx. 10 minutes until softened. Mince the hot red peppers and coriander. Lastly, add this to the aubergine. Fry for another minute. Mix the rest of the sauce with the soba noodles. Serve with the aubergine and optionally extra coriander.

CRUMBLE

apple-cranberry

Ingredients

for the base:

- 1 apple
- 3 tbsp maple syrup ✓
- 1 tsp coconut oil
- handful of dried cranberries ✓
- 1/2 tsp cinnamon
- pinch of nutmeg

for the topping:

- 70 g almond flour ✓
- 30 g sliced almonds +
- 1 tbsp to use as garnish ✓
- 50 ml maple syrup ✓
- 1 tsp coconut oil

our choice
with this recipe



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Preparation

Preheat the oven to 180°C. Cut the apple into tiny pieces and put in a large bowl. Add all the ingredients for the base and mix. Put the apple layer in fire-proof dishes. Combine all the ingredients for the topping in a bowl. Loosely mix, so that it does not become a smooth dough but more of a crumbly mixture. Cover the apple layer with this mixture. Garnish with 1 tablespoon of extra sliced almonds and bake for 30 minutes until golden brown.



2 servings

vegan

gluten-free

DASH OF MAPLE...



in your coffee



tea



latte



smoothie



or breakfast

✓ 100% pure ✓ bio-organic

THAT'S HOW YOU USE MAPLE SYRUP.

If you are replacing sugar with maple syrup, do take into account that maple syrup will make your mixture wetter than sugar will. Remember:

100 ml honey	- 100 ml maple syrup
100 ml agave	- 100 ml maple syrup
100 g sugar	- 65 g maple syrup
100 g brown sugar	- 65 g maple syrup

QUICK...



DRESSING

1 tbsp sesame oil ✓
1 tbsp sushi vinegar ✓
1 tbsp tamari (soy sauce) ✓
1 tsp maple syrup ✓
1/2 tsp mustard
Mix and drizzle over your salad or buddha bowl!

NUTTY SNACK

50 g nuts of choice ✓
2 tbsp maple syrup ✓
1 tbsp coconut oil
1 tsp cinnamon
pinch of salt
Mix, roast in the oven for 10 minutes (at 160°C) and munch away!

POPCORN

3 tbsp olive oil
50 g popcorn
100 ml coconut milk ✓
3 tbsp maple syrup ✓
Put the oil in a pan (with a lid). Fill with popcorn. Pop the corn over a medium high flame (regularly shaking and shifting the pan). Boil the coconut milk and maple syrup down into a sauce. Pour over the popcorn.

MAPLE BUTTER

50 g butter
40 g maple syrup ✓
1/4 tsp cinnamon
Mix and smear on bread!

more recipes ?

terrasana.com

*also in jugs of
500 or 1000 ml*



✓ of course, you get these products from TerraSana!



**TerraSana has
400 organic products
in its product range.
Discover them all!**



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TerraSana products are available for sale at health food shops.
If your local health food shop doesn't have your favourite
TerraSana product, ask them to order it for you!



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