

Long's Maple Syrup

100% Pure Canadian

STEAMED APPLE MAPLE PUDDINGS

Recipe from [Foodland Ontario](#)

PREPARATION TIME: 15 minutes

COOKING TIME: 20 – 25 minutes

SERVES: 6

INGREDIENTS

- 1/3 cup (75 ml) butter, softened
- 1/4 cup (50 ml) each packed dark brown sugar and Ontario Maple Syrup
- 2 eggs
- 1 tsp (5 ml) maple extract
- 1 cup (250 ml) grated peeled apples (1 or 2)
- 1 cup (250 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/4 tsp (1 ml) each salt and ground nutmeg

Maple Toffee Sauce:

- 3/4 cup (175 mL) packed dark brown sugar
- 4 tsp (20 mL) cornstarch
- 1 cup (250 mL) Ontario Milk
- 2 tbsp (25 mL) butter
- 1 tsp (5 mL) maple extract

INSTRUCTIONS

1. Butter six 3/4 cup (175 ml) ramekins: set aside
2. In a large bowl, beat together butter, sugar and maple syrup until smooth. Beat in eggs, one at a time. Stir in maple extract and apple.
3. In a separate bowl, combine flour, baking powder, baking soda, salt and nutmeg. Stir into apple mixture until combined.
4. Divide batter between ramekins. Place ramekins in 13" x 9" (3 L) baking dish. Pour hot water halfway up the sides of the ramekins.
5. Bake in 350°F (180°C) oven for 20 to 25 minutes or until toothpick inserted in centre comes out clean.
6. Remove to wire rack to cool.

Maple Toffee Sauce:

1. In 4-cup (1 L) glass measure, whisk sugar with cornstarch; whisk in milk until smooth.
2. Microwave, uncovered, on High for 2 to 3 minutes or until boiling and thickened, whisking twice during cooking.
3. Stir in butter until melted, then maple extract. Serve with puddings.

Tip: Pudding can be refrigerated for up to 2 days.

NUTRITIONAL INFORMATION

- Protein: 6 grams
- Fat: 16 grams
- Carbohydrate: 69 grams
- Fibre: 1 gram
- Calories: 440