

Maple Syrup

Ingredients

- 2 c water, divided
- 1 tsp xanthan gum
- 2/3 c monk fruit
- ¼ tsp salt
- 1 TB maple extract
- 1 tsp vanilla extract



Instructions

1. In small bowl mix ¼ c water and xanthan gum with whisk. Let sit for a few minutes to thicken.
2. In small saucepan, add the rest of the water, salt and sweetener. Bring to simmer on low heat.
3. Add xanthan gum and water mixture and whisk into the warm liquid. Add flavorings and whisk. Let the mixture cool and it will continue to thicken.
4. You can store in the refrigerator for 6 months. Can be kept at room temperature for up to 4 weeks. It can also be frozen for up to 6 months. The syrup, after thawing, must be whisked together again.

Notes

This syrup doesn't have a deep brown color. It is light in color. The maple flavoring you use will influence the flavor. My flavoring didn't seem very strong, and I worried that it wouldn't taste good. However, the day after I made it, after a night in the refrigerator, it was very tasty. It has gotten better with age. :) I put my syrup in an empty syrup bottle for ease in pouring but a pint jar would work as well.