

A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

CORN & CHIVES MADELEINES

In baked goods, the sugar absorbs water from other ingredients, helping to keep products like these biscuits moist, tender, and fresh.

½ cup	yellow cornmeal	125 mL
6 tbsp	white flour	75 mL
1 tbsp	sugar	15 mL
2 tsp	baking powder	10 mL
½ tsp	salt	2 mL
pinch	cayenne	pinch
2 tbsp	butter or margarine	25 mL
½ cup	buttermilk	125 mL
1 large	egg	1 large
2 tbsp	fresh chives, finely chopped	25 mL



Nutrition Facts
(per madeleine):
Calories: 35
Carbohydrate: 4.5 g
Fat: 1.5 g
Protein: 1 g

Preheat oven to 400°F (200°C) and grease 2" (5 cm) madeleine molds or miniature muffin tins. Combine cornmeal, flour, sugar, baking powder, salt, and cayenne in a food processor, add butter, then buttermilk, and then the egg and mix well. Add chives by hand to the mixture. Using a pastry bag or spoon, fill molds ¾ full and bake 6 minutes or until golden. Makes 2 dozen madeleines.

Portion Control

We often underestimate the amount of food we eat and overestimate the recommended portion sizes. All foods and nutrients can be part of a healthy diet; however, it is important to keep your portion sizes in check to help you achieve and maintain a healthy body weight.

Helpful tips for controlling portions:

- Use smaller plates and dishes.
- Measure out bulk food products into pre-portioned packages.
- Check the serving size on the Nutrition Facts table to help you decide on an appropriate portion size.
- Eat in a distraction-free setting, so you'll be aware of how much you've eaten.
- Look for smaller versions of your favorite muffins, cookies, and pastries.
- When dining out, share appetizers or desserts, or bring half your entrée home.
- Use *Eating Well with Canada's Food Guide* to better understand serving sizes for many common foods.



WHOLE WHEAT MOLASSES LOAF

Molasses is a thick, dark-brown syrup that is produced during the sugar refining process. The molasses in this recipe contributes to the unique flavour of this whole wheat bread.

Nutrition Facts
(per 1/12 of loaf):
Calories: 160
Carbohydrate: 32 g
Fat: 2 g
Protein: 3.5 g

¼ cup	sugar	50 mL
1 large	egg	1 large
½ cup	molasses	125 mL
1 tbsp	vegetable oil	15 mL
1 cup	buttermilk*	250 mL
1 cup	whole wheat flour	250 mL
¾ cup	all-purpose flour	150 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
½ cup	raisins (optional)	125 mL

Preheat oven to 350°F (180°C). Beat together sugar and egg. Add molasses and oil. In a separate bowl, blend dry ingredients; add to egg mixture with buttermilk; blend well. Mix in raisins, if desired. Pour batter into greased 9 x 5 inch pan; let stand for 15 minutes. Bake for 30 minutes. Makes 12 servings (slices).

*To make your own buttermilk, place 1 tbsp (15 mL) of lemon juice or vinegar in a measuring cup. Add enough milk to bring the liquid to the 1 cup line on the measuring cup. Let stand for 5 minutes, then use as directed in the recipe.



Nutrition Information Service

The Canadian Sugar Institute (CSI) *Nutrition Information Service* provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

10 Bay Street, Suite 620 Toronto, ON M5J 2R8
Tel: (416) 368-8091 Fax: (416) 368-6426
Email: info@sugar.ca
www.sugar.ca