AMERICAN · SAUCE

# Sugar-Free Maple Syrup Made with Allulose

25 min · plus cooling | Makes 16 × 2 tbsp | 3 kcal a portion | Video 3:34 · Victoria's Keto Kitchen

Vegan | Gluten-free ingredients | Nut-free

Allulose gives the body and sweetness of syrup without raising blood sugar: 2 tbsp have about 2 kcal and almost no net carbs (0.2 g), against roughly 27 g of carbs in the same amount of real maple syrup.

**Diet notes:** Low carb (0.2 g net carbs) but not keto: 1% of the energy is from fat, and keto meals get about 60% or more.

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## Ingredients 5 · MAKES 16 × 2 TBSP

- [ ] 2 cups **water**, boiling hot
- [ ] 3 cups **allulose**
- [ ] 2 tsp **lemon juice**
- [ ] 1/2 tsp **cream of tartar**
- [ ] 1 tbsp **maple extract**

**Contains:** none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Pour the boiling water into a saucepan on the stove and add the allulose. 1:03
2. Stir until the allulose has completely dissolved and the liquid is clear again. 1:34
3. Add the lemon juice and cream of tartar, mix, then stir in the maple extract. 1:46
4. Simmer gently for 15 minutes; a shorter simmer keeps it pourable like maple syrup rather than thick like honey. 2:11
5. Pour into a heatproof jar and let it cool, then funnel it into a syrup bottle. 2:43

> **Tip** For an 8 oz bottle, halve it: 1 1/2 cups allulose and 1 cup water. Pour over keto pancakes, waffles or Greek yoghurt. Makes about 16 oz (2 cups).

The method is a summary in our words — the video shows every step.

## One portion (2 tbsp) gives you 1 OF 16 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **3** kcal<br>10 kJ | **0** g<br>0% of a day | **0.2** g<br>0.2 g net · 0.1 g sugars<br>0% of a day | **0** g<br>0% of a day | **0** g<br>0 g saturated<br>0% of a day | **0** mg<br>0% of a day |

**Energy from** net carbs 100% · protein 0% · fat 0%

**Recipe and video:** Victoria's Keto Kitchen (@victoriasketokitchen) on YouTube — youtube.com/watch?v=bjG7Gbm4Ibo, published 7 February 2023. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-allulose-maple-syrup