

Maple Dumplings (Grands-Pères)



It's maple season, and no spring passes without making recipes with our delicious Canadian maple syrup! Indulge yourself with this very simple and quick traditional recipe.

Preparation 15 min

Cooking 15 min

Servings 6

Nutrition Facts (per serving)

Calories 270

Fat 5

Carbohydrates 56

Fibre 5

Protein 5

Sodium 75

Ingredients

- 250 ml (1 cup) maple syrup
- 125 ml (½ cup) water
- 250 ml (1 cup) oat flour
- 60 ml (¼ cup) almond flour
- 15 ml (1 tbsp) psyllium (or ground chia seeds)

- 1 pinch of salt
- 250 ml (1 cup) unsweetened vanilla almond beverage
- 1 large egg
- 7.5 ml (½ tbsp) vanilla extract

Preparation

1. In a saucepan, bring the syrup and water to a boil.
2. Meanwhile, in a medium bowl, mix the dry ingredients.
3. Add the milk, egg, and vanilla and mix well. Let stand for 1 minute.
4. Using an ice cream scoop (or an ordinary spoon), drop dough balls into the boiling liquid.
5. Reduce heat to low and let simmer for 10 minutes.
6. Let stand for at least 5 minutes before serving.

Notes

Can be stored for 7 days in the refrigerator in an airtight container or for 3 months in the freezer, but is best consumed the same day.

Take advantage of this recipe to visit local businesses to buy Canadian maple syrup! You can add a touch of freshness to the recipe by adding orange zest to the maple syrup.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City