

SPRUCE TIP SYRUP

INGREDIENTS:

- 2 cups sugar
- 2 cups water
- 2 cups spruce tips, roughly chopped

DIRECTIONS:

1. Put all the ingredients in a saucepan and slowly bring to a boil.
2. Reduce heat and simmer for 5 minutes.
3. Turn off the heat and let the syrup cool completely.
4. Strain, put in a sterilized container, and refrigerate until ready to use.

Nutrition Facts

Serving Size 1 cup (265g)
Servings Per Container 3

Amount Per Serving

Calories 320 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 96g **32%**

Dietary Fiber 0g **0%**

Sugars 96g

Protein 0g

Vitamin A 15% • Vitamin C 4%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

