

Maple Syrup Refresher



Serves	1
Prep time	2 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Drink
Misc	Child Friendly , Serve Cold

Ingredients

- 1/4 - 1/2 teaspoon tarttaric acid (adjust to suit taste)
- 1 tablespoon maple syrup
- 2 tablespoons syrup from pears in syrup
- Ice cubes
- Mineral or Soda Water

Directions

1. Combine the tarttaric acid, maple syrup and pear juice in the bottom of a tall glass.
2. Add the ice and pour over the mineral or soda water.
3. Enjoy!

Note

Low Chemical / FAILSAFE

A 1/4 teaspoon of the tartaric is probably enough for kids, but if you like a bit of a tang use 1/2 teaspoon.