**Maple Bacon Baked Beans**

1 # Dry Navy Beans

1 yellow onion, diced

3 cloves garlic, minced (with garlic press)

1 cup diced bacon

1 C dark maple syrup

2 T light brown sugar

2 T Molasses

2 T Tomato Paste

1 T Dijon Mustard

1 Fresh Jalapeno, diced (optional)

1 T Soy Sauce

3 C Chicken Stock

Salt and Pepper to Taste

1. Wash then Soak Dry Beans for 8-12 hours in warm water
2. Cook for 45 minutes to 1 hour until soft, drain and reserve
3. In a large Dutch oven, sauté bacon to render, add onions, jalapeno and garlic and cook until onions are translucent and bacon is crispy
4. Add in remaining ingredients, stir to combine
5. Place Dutch oven, covered, into 350\* oven and bake for 2-3 hours

**Maple Balsamic Vinaigrette**

½ C Maple Syrup

½ C Balsamic Vinegar

2 T Dijon Mustard

1 Shallot

3 C Oil Blend (Olive oil/Canola oil Blend)

1. Add all ingredients except oil to a deep pan, using an immersion blender, stream in oil slowly until an emulsion forms.

**Maple Berry Yogurt Parfaits**

1 cup Plain Greek Yogurt

1 cup fresh mixed berries (Blueberries, Raspberries, Strawberries)

½ C Your favorite granola

Dark Maple Syrup for Drizzling