



FEAST OF THE EAST

NS MAPLE SYRUP SUBMISSIONS: MAY 18 – 24, 2020



Krystin Graves

This is my masterpiece I call it frozen blueberry waffles. I did add fresh blueberries to mix it up!! **#nailedit** enjoy!!



6d **Love** Reply Message



Christine White

Apple Turnovers. I used this **Taste of Nova Scotia** recipe for inspiration, but played with the filling from another recipe to add maple syrup. <https://tasteofnovascotia.com/recipes/apple-cinnamon-turnovers/>



18h **Love** Reply Message



Kimberley King

Maple Old Fashioned. A right proper Sunday night patio drink. Who loves Bourbon? 🍷 **#FeastEast** **#SupportLocalNS**



13h **Love** Reply Message



Michele Bourgeois

Carrot Cupcakes with Maple Cream Cheese Buttercream 🥕🍁🧁



13h **Love** Reply Message



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Paul Randem

This is my maple and butter poached lobster tail on a gruyere/cheddar grilled cheese sandwich, using tarragon sourdough bread.

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#Feasteast



36m **Love** Reply Message



Denise Bradbury

I made a dessert this week...cream puffs filled with maple flavoured whipped cream & topped with chocolate glaze

#FeastEast
#SupportLocalNS



9h **Love** Reply Message



Dawn Baldwin

Ok Pierre I've been waiting all week to make my Saturday morning breakfast! Banana Egg Pancakes with warm NS blueberries and maple syrup! 😊

#FeastEast #SupportLocalNS



1d **Like** Reply Message



Emily MacNeill Liot

Woo hoo! Challenge accepted again! Made for my family a batch of chocolate chip maple syrup pancake cupcakes (say that five times fast). There's 1/2 cup of maple syrup in the batter and I was going to make the maple syrup icing but decided against it as I'd be peeling my kids off the ceiling due to the sugar high if I did!

#FeastEast #SupportLocalNS



1d **Like** Reply Message



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Lauren Patterson

Nova Scotia maple soy salmon pieces with local roasted root vegetables with a maple glaze #feasteast #supportlocalns



4d Like Reply Message



TikTok @localketochef



17 views

localketochef Feast of the East Challenge completed. Everything is keto friendly but the salmon. #FeastEast #SupportLocalNS