Glimpse into Foodie Friday – week 28 – Rice syrup

This week, I made a super quick and simple, sweet bread to toast up for snacks and breakfasts. Instead of baking the usual banana breads (which, don't get me wrong, I love!), I chose to make one which revolved around rice syrup. I think rice syrup is delicious, and it has been a lifesaver when looking for a substitute for high fructose sweeteners such as corn syrup, honey, and sugar.



The process to make brown rice syrup (otherwise known as rice malt syrup, or rice syrup) involves breaking down the rice starches into simpler sugars by creating an enzymatic reaction. The liquid is then strained and boiled into a thick, runny syrup, similar to honey, with less sweetness and more nuttiness. Don't worry, you don't need to do this as most health foods shops and aisles stock it!

This product is by no means a health product; it is still a sweetener, but life is not worth living if it does not involve some of the sweet stuff from time to time! It doesn't contain many nutrients; possibly small amounts of some, such as calcium and potassium, but it is basically made up of empty calories (calories/energy for no nutritional gain). While

reading articles for this post, I have come across information to say that there is suspicion that rice syrup could be a source of traces of arsenic. More research needs to be done, so don't jump ship yet. This is the study which raises doubt: http://now.dartmouth.edu/2012/02/organic-food-sweetener-may-be-a-hidden-source-of-dietary-arsenic/ Rice syrup is however, free of fructose; containing only glucose. This means the body can digest it better and make use of it more than a high fructose sweetener. It also obviously means it is a god send to sweet tooths with fructose malabsorption!

Cinnamon and syrup bread

2 1/2 cups gluten free self raising flour
1/2 cup almond meal
1 tsp salt
1 tsp baking soda
2 tsp cinnamon (plus extra to sprinkle on top)
1/2 cup rice syrup
1 cup coconut yogurt
2/3 cup rice milk
2 tsp vanilla extract

Preheat oven to 180 degrees Celsius. Line a loaf pan with baking paper.
Mix together the dry ingredients.
Stir the syrup into the yogurt and milk.
Pour wet ingredients into the dry and combine.
Pour into loaf pan. Sprinkle with extra cinnamon.
Bake until firm and golden, and inserted skewer comes out clean – about 45 minutes.
Allow to cool, then remove from pan and cool completely on a wire rack.

You could add in one mashed banana into the wet ingredients, and 1/3 cup of melted coconut oil also if you fancy. You could add in your favourite nut butter also, or substitute the rice syrup with it.

Serve fresh while warm, or toasted once cooled with dairy free butter, nut butters, fresh banana, or rice syrup spread on top. Enjoy!

