

WHAT TO

# EAT

Must-have food finds.

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## How Sweet It Is

Here's a nifty new twist on Canada's favourite spring treat. Decacer ([www.decacer.com](http://www.decacer.com)) dehydrates organic Quebec maple syrup to create maple flakes and then packages them in a sleek dispenser resembling a pepper mill (\$8.99; Longo's, Sobeys, Whole Foods and natural food stores). For a quick hit of maple, grind the flakes into oatmeal, yogurt or a marinade. Or, unscrew the grinder attachment and use them "straight," as a crunchy topping sprinkled over ice cream, your morning cappuccino or even a salad of winter greens and apples. **FD**

