

quick 'n easy yacon recipes

yacon syrup

Very versatile syrup.
Recommended serving: 10-15g or 1-2 tablespoons per day. Beginners start with 2 teaspoons.

CAUTION: Because Yacon is a pre-biotic, causing fermentation in the gut, it may cause gas and bloating when taken in excess. This is usually harmless, nevertheless, care should be taken to avoid excessive consumption. Over time, the body will adapt and greater amount can be consumed without side effects.

recipe 1: breakfast/ lunch/tea

Replace sugar in your diet by drizzling yacon syrup over oatmeal, warm breakfast cereals, desserts or even salads, similar to how you

would use honey, maple syrup, molasses. Yacon Syrup has a pleasant taste reminiscent of caramel mixed with molasses; it's about $\frac{3}{4}$ as sweet as honey but with $\frac{1}{2}$ the calories.

It can also be used to sweeten beverages like tea, juices, or taken as a nutritious pre-biotic drink when diluted with plain water.

recipe 2: breakfast/tea

As a sweet low-calorie jam over toasted wholemeal bread – a pleasant healthy dose of prebiotic fibre to start off the day!

recipe 3 : yacon syrup salad dressing

Ingredients :
 $\frac{1}{4}$ cup of healthy oil
1 tablespoon of apple cider vinegar
2 teaspoons of Yacon Syrup
1 tablespoon of mustard
 $\frac{1}{4}$ or $\frac{1}{2}$ tsp of Himalayan salt or sea salt

Whisk all ingredients together in a bowl, and you've got a healthy salad dressing!

dried yacon slices can be eaten as it is, as a healthy snack. Recommended serving: 10g per day.

organic yacon root syrup & dried slices

pre-biotic superfood
low-calorie
extremely low GI



yacon root

Yacon Root is a 100% natural, dietetic and prebiotic¹ superfood. The crisp, sweet-tasting tuberous root has been grown in the Andes (Peru & Ecuador) for thousands of years to help control blood sugar and improve digestion. The texture and flavour of yacon root have been described as a cross between fresh apple and watermelon.

Yacon contains a special type of healthy sugar polymer called Fructooligosaccharides (FOS), which is also a form of dietary fibre. This special sugar is not digested by the body, it passes through the digestive tract without being absorbed and hence, provides few calories (Yacon is thus low-calorie and low GI), and as a result, yacon does not elevate blood glucose levels, making it suitable for diabetics and weight-watchers. FOS also serves as a type of food for friendly bacteria in our colon. This pre-biotic property stimulates the growth of friendly intestinal flora (think healthy and clean digestive track) and boosts the human immune system.

Yacon is the world's richest natural source of FOS. It also has superfood-level antioxidants and abundant minerals especially potassium.

¹ Prebiotics are non-digestible nutrients that feed the good (probiotic) bacteria in our digestive system, thereby helping the intestines to function efficiently and improves absorption of vitamins and minerals.

250g jar



25g pack



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health benefits

- Promotes the growth of beneficial bacteria in the intestine.
- Improves Detoxification - eliminate toxins and waste products from the body.
- Prevents constipation, keeps colon functioning well
- Protect against osteoporosis (due to its action of improving the absorption of calcium, magnesium and phosphorus in the body). Preclinical studies indicate an increase in bone density i.e. strengthening of bones
- Improves absorption of vitamins, esp. the B vitamins
- An effective aid to weight loss
- Regulates blood sugar and insulin levels
- Helps to lower blood pressure
- Beneficial effect on obesity and LDL-cholesterol levels
- Strengthening of Immune System

So in summary, Yacon is an ideal superfood for:

- ✓ Those who are on a weight loss/low-calorie diet
- ✓ Those who are sugar-sensitive or want to avoid sugar
- ✓ Diabetics

our yacon syrup



yacon syrup

A pre-biotic low-calorie healthy sweetener

- > made from 100% organic Yacon Roots from Peru, with 35-40% FOS content. There are no other ingredients or additives added. Gluten-Free
 - > Certified Organic
 - > Extremely low in Glycemic Index (GI) <1
- This syrup is kept raw by using a low-temperature evaporation process which also preserves the rich array of minerals & vitamins found in this sacred root of the Incas. It takes 10-15kg of yacon roots to produce 1kg of syrup.

NUTRITION FACTS OF YACON SYRUP		
Servings per 250g jar: 25		
Serving size: 10g (approx. 1 tablespoon)		
	Per Serving	Per 100g
Energy (Kcal.)	29.3	293
Protein(g)	0.2	2.2
Total fat(g)	0	<1
Cholesterol(mg)	0	0
Sodium(mg)	0	0
Carbohydrates(g)	7	70
Dietary Fibre(g)	4	40

our yacon root dried slices

- > low-calorie, sweet & chewy snack
- > made from 100% organic Yacon Roots from Peru in a controlled-temperature environment, with a 30-40% FOS content. There are no other ingredients, additives or sweeteners added. Gluten-Free.
- > Certified Organic
- > Extremely low in Glycemic Index (GI) <1



dried yacon root slice



yacon root illustrated



comparison among similar natural sweeteners

	Yacon Syrup	Agave Nectar	Raw Honey
Calories per tsp (10g)	25-30	30-40	60-70
Glycemic Index (GI)	<1	15-30	>30
Nutrient Value	Pre-biotic, rich in FOS, contains antioxidants, minerals and vitamins. Improves detox & digestion & absorption of nutrients	Virtually none or Insignificant	Contains vitamins, antioxidants, minerals. Anti-bacterial, anti-viral