

Yacon - 9.5 oz

Enjoy the sweet nectar of Yacon without the negatives of refined sugar or artificial sweeteners. Yacon can be used to enhance any food or beverage with few calories and a great flavor. It is especially good for millions of sugar-sensitive people such as carbohydrate intolerant hypoglycemics and individuals who can't tolerate synthetic or processed sweeteners.



Ingredients

Yacon Syrup.

Why Yacon works so well for sugar-intolerant people

Most roots and tubers store carbohydrates as starch. Yacon stores it as fructooligosaccharide (FOS), a polymer composed mainly of fructose. It can be considered a subgroup of inulin, because it has a similar molecular structure, but with shorter fructose chains. Because Yacon has the ability to sweeten with minimal, if any, effect on the sugar levels in the blood, it is an excellent alternative for low calorie diets and for people who must balance and control their blood sugars.

Yacon Lemonade

What you will need: Fresh lemons, Yacon, Ice.

Directions: Cut one lemon into 1/4 inch round slices and put into the pitcher. Squeeze the remaining lemons into the pitcher. Add water to the lemon juice and stir. Add Yacon to sweeten the lemonade to your liking.



Fruit Salad

What you will need: Yacon, White Dragon, Assorted Fruits: (grapes, watermelon, cantaloupe, oranges, cherries, strawberries, etc.)

Directions: Wash and cut the fruit and then put into a bowl. Shake or stir the fruit so that it is mixed. Upon serving, put the fruit in a bowl or plate and drizzle Yacon and White Dragon on top of the fruit.



Apple Dip

What you will need: Apples, Yacon, Cinnamon Preventatives.

Directions: Squirt Yacon into a bowl. Start with two drops of the Cinnamon Preventatives. Stir and taste. If you want it stronger add more Cinnamon Preventatives. Wash apples and slice them into 1 inch wedges.

