

YACON SYRUP



If you're cutting out or cutting down sugars in your cooking and baking, Yacon syrup is a great staple to have in your kitchen. It's a tad expensive (£17 for 500ml), but it lasts a long time – a little goes a long way.

The thing about other zero/low natural sweeteners, such as stevia and sugar alcohols like xylitol and erythritol is that they tend to have a rather cool, almost minty sweetness that I find needs toning down with an added flavour such as vanilla essence or cinnamon. Yacon syrup on the other hand has a wonderful warm sweetness that stands for itself.

Just a tablespoon or two of yacon syrup is enough to add an extra woo hoo! to a fruit crumble or other dessert. It's great for replicating toffee/caramel flavours too when mixed with a little nut butter. I've added some yacon syrup here to some sliced banana, warmed through with a little butter. Then I've topped it with a little dollop of plain yogurt and nuts. It's pure comfort and joy food. So simple and easy but g-g-g-gorgeous!

Yacon syrup is a natural sweetener extracted from the roots of a Peruvian plant. It contains sugars called fructooligosaccharides that are not digested by the body and so they don't effect blood sugars in the way many other natural syrups, such as coconut nectar and maple syrup do*. And can have a prebiotic effect and promote the growth of beneficial bacteria. Yacon syrup is suitable for diabetics and claimed to have a number of other health benefits including reduced insulin resistance, better bone health and immunity and increased testosterone - Yay! Testosterone! Bring it on!

**This can cause digestive problems for some people.*