



What is AcanChia® Yacon?

The Yacon plant (*Smallanthus sonchifolius*) is native of the Andes and is cultivated all over South America. The plant forms big edible lumps with a high content of water and healthy nutrients. Yacon plants grown in Germany at a warm sunny climate reach a height of about 2 meters. In subtropical regions the plant can reach a height of up to 3 meters. The taste of Yacon roots is – because of the high sugar content- enjoyable sweet and can be compared to melon, pear or nashi-fruit.

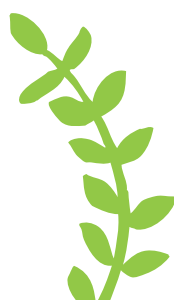
AcanChia® Yacon Syrup

The juice obtained from Yacon roots is used to produce a dark colored syrup.

This syrup is a healthy alternative to sugar, honey or maple syrup. Because of its low glycemic index Yacon syrup does not lead to a strong increase in blood sugar levels.

Because of the high content of fructooligosaccharides up to 50%, Yacon syrup has probiotic properties and a comparably low amount of calories. Nevertheless, Yacon syrup still contains the beneficial minerals and nutrients from the Yacon roots.

Yacon syrup is suited as sweetener for people that suffer from diabetes or as tasty alternative to commonly used sweeteners. Furthermore it can be used to support diets in order to loose weight.



Nutritional value:

100 g AcanChia® Yacon-Syrup contains:

Calories.....	344 kcal/1440 kJ
Protein.....	0 g
Carbohydrates.....	85,6 g
Fat.....	0,2 g

Contact:

AcanChia®

Trademark of
AcanChia GmbH & Co. KG
Vilstalstraße 88
92245 Kümmersbruck
Germany

Mail: info@acanchia.com
Web: www.acanchia.com



Back to the seeds. **AcanChia®**



Yacon
POWER OF
MINERALS

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Special properties of AcanChia® Yacon

The outstanding attribute of Yacon is the unit way of Yacon is the unit way of Yacon to store sugar. In Yacon, carbohydrates are not stored as starch but prevalently as inulin or fructooligosaccharides. These sugars cannot be digested in the human small intestine and migrate to the large intestine as fibers. Because of that Yacon roots have probiotic properties and do not lead to an excessive rise of the blood sugar levels. Therefore, Yacon is perfectly suited for people that suffer from diabetic disease. Consumption of Yacon within an inulin containing diet can help losing weight. Inulin that is present in Yacon roots has only few calories. One gram has only two calories.

Beyond that, Yacon roots contain important mineral nutrients such as iron, magnesium and potassium as well as vitamins B1, B2 and C. Due to its healthy and valuable substances Yacon is called a “Superfood”. Yacon can be bought as dried Yacon slices.

Properties of AcanChia® Yacon

- natural sweetener
- low glycemic index
- rich in vitamins
- good taste
- vegan
- gluten-free
- lactose-free

RECIPES with AcanChia® Yacon



Yacon-Yoghurt Smoothie

250 g frozen fruits (e.g. strawberries), 3 spoons Yacon syrup and 250 g yoghurt

Mix at high speed for about 1 minute

Strawberry-Banana-Yacon Smoothie

125 g strawberries, 2 spoons of Yacon-syrup, one banana and 125 ml milk

Mix at high speed for about 1 minute

Yacon-Dressing for fruit salad

3 spoons Yacon syrup, 2 spoons orange juice, 2 spoons grape seed oil, 2 spoons lemon juice, 1 spoon crushed hazel-nuts and a pinch of salt

Mix with a fork and pour it over the salad



AcanChia® Yacon-Powder and Yacon-Syrup

- high quality ✓
- local supervision ✓
- biocertified ✓
- good taste ✓
- easy to use ✓
- vegan ✓
- gluten-free ✓
- lactose-free ✓



Yacon are cut and dried