



SIMPLE HEALTHY RECIPIES

using
Yacon Syrup

Earthier
Yacon India

Table of Content

1 Introduction 00

Breakfast

2 Oats with Yacon Syrup 02

3 Creamy Pear Quinoa Muesli 03

4 Millet Porridge 04

5 Prebiotic Oats Kheer 05

6 Prebiotic Apple Pancakes 06-07

Salad Dressings

7 Prebiotic Salad Dressing-I 09

8 Prebiotic Salad Dressing-II 10

Prebiotic Drinks

9 Prebiotic Chocolate Milkshake 12

Table of Content

10 Prebiotic Vegan Smoothie 13

11 Cocoa Orange & Banana Hazenut Milk 14

Desserts

12 No Bake Energy Balls 16

13 Chocolate Peanut Butter Bar 17-18

14 Prebiotic Creamy Coconut Pops 19

15 Prebiotic Banana Gelato 20

16 Sugar Free keto Caramel Sauce 21

Baking Applications

17 Prebiotic Salad Dressing-II 23

18 Banana and Oat Protien Muffins 24

19 Chocolate Chip Cookies 25

Introduction

Yacon/ Ground Apple is one of the most underutilized fruit compared to its health benefits and farming benefits.

What is Yacon?

Yacon is a Peruvian fruit which is rich in inulin, fructooligosaccharides, antioxidants, and water. Moreover, it is prebiotic, diabetes friendly and sweet.

For farmers, cultivating Yacon gives them more productivity and lowers the risk of loss due to human-wildlife conflict.

Why use Earthier Yacon Syrup?

Most of the health issues often arise because of the status of our gut health. Adding Earthier Yacon Syrup helps you to not only make your dish sweet, but also prebiotic. This means that, addition of Yacon Syrup to your meals help generate the 'good' bacteria in your gut while lowering your insulin resistance and enhancing the taste of your food.

Compared to honey and stevia, Yacon Syrup is **Sweet**, without:

1. The bitter aftertaste like in Stevia and Monk Fruit.
2. It also has more nutritional value and health benefits.

Yacon syrup is already being used in American and European countries. Earthier aims to raise more awareness about Yacon syrup and how it can be inculcated in our regular diet.



BREAKFAST



1. Oats with Yacon Syrup

Ingredients :

- Soaked Oats
- Yogurt
- Chia seeds
- 3 tbsp of Yacon Syrup

Procedure :

1. Soak the oats and chia overnight.
2. Mix the soaked oats with chia seeds, yogurt and yacon syrup



2. Creamy Pear Quinoa Muesli

Ingredients :

- 2 grated pears
- 1/2 cup quinoa flakes (or substitute with oatmeal)
- 1/2 cup cooked quinoa
- 1 Tbsp. flax seeds (grounded)
- 2 Tbsp. chia seeds
- 3 cups dairy/coconut /almond milk.
- 1/2 cup dried fruit
- 1/4 cup chopped nuts or seeds of, your choice.
- 2 Tbsp. yacon syrup
- 1 cup berries (fresh)

Procedure :

Mix all the ingredients well in a jar or bowl.



3. Millet Porridge

Ingredients :

- 1/3 cup millet, rinsed and drained .
- 1/2 cup milk of choice
- 3/4 cup water
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/8 teaspoon salt
- 1 tablespoons raisins, optional
- Toppings: Yacon Syrup; sliced bananas, peaches, berries, or fruit of choice; nuts of choice, shredded coconut

Procedure :

1. In a small saucepan, combine the millet through optional raisins and bring to a boil. Reduce the heat to low, cover, and cook at a very low simmer for 20-25 minutes, without stirring, or until the liquid is absorbed and the millet is the consistency of oatmeal or cream of wheat.
2. Remove from the heat, drizzle with yacon syrup, and add toppings of choice.



4. Prebiotic Oats Kheer

Ingredients :

- 1 tablespoon Ghee
- ½ cup quick cooking oats
- 3 cups milk
- 1 teaspoon yacon syrup or add as per taste
- ¼ teaspoon green cardamom powder
- 1 pinch saffron strands – optional
- 3 to 4 almonds – chopped, optional
- 3 to 4 pistachios – chopped, optional
- 6 to 7 cashews – chopped, optional
- 1 tablespoon golden raisins – chopped, optional

Procedure :

1. Heat 1 tablespoon of ghee in a pan.
2. Add quick cooking oats.
3. Stir well and saute for 2 - 3 mins on low heat.
4. Then add milk and mix well.
5. Simmer the kheer on a low to medium-low heat, till the oats soften .
6. Add yacon syrup, chopped dry fruits, pinch of saffron strands and cardamom powder.
7. Simmer for 2 minutes more and switch off the heat.



5. Prebiotic Apple Pancakes

Ingredients :

For the pancakes:

- 2 cups of oats
- 1 egg
- 1 tsp baking powder
- 2 cups oat milk
- Half a finely chopped/grated apple

For the compote

- 1 peeled and chopped apple
- 1 tsp YaconViva Yacon Syrup
- 2 tbsp water

For the toppings

- 6-8 fresh blackberries
- A handful of your favourite granola



Prebiotic Apple Pancakes

Procedure :

1. Blitz the oats with a hand whisk / food processor to make oat flour.
2. Blend the flour with the egg, baking powder and oat milk until smooth.
3. Add the finely chopped apple to the mixture, and set-aside.
4. To make the compote, chop and peel the apple. Add it to a pan with the Yacon Syrup and 2 tbs of water and cook on a low heat until the apple is softened (around 10 - 15 minutes).
5. Add a drizzle of water every time the water has evaporated until the apple is soft.
6. Cook the pancakes in a large frying pan at a medium heat and stack on top of each other.
7. Serve piled high, with the apple compote on top, fresh blackberries, nutmeg, granola, and a generous drizzle of Yacon Syrup.



SALAD DRESSINGS



. 6. Prebiotic Salad Dressing 1

Ingredients :

- 1 tbs Yacon Syrup
- 1 1/2 tablespoon Extra Virgin Olive Oil
- Freshly Squeezed Juice of 1/2 Lemon
- 1 tablespoon ground sesame seeds)
- Pinch of Himalayan Salt and Pepper
(optional)

Procedure :

1. Add all ingredients to a small bowl/cup
2. Whisk until mixed.
3. Pour over salad, and toss.



7. Prebiotic Salad Dressing 2

Ingredients :

- 45g cashew nuts
- 20g water
- 5g lemon juice
- 5g apple cider vinegar
- 8g olive oil
- 45g fresh tomatoeas (without skin)
- 10g chilli sauce or 1/4 tsp chilli powder
- 1/2 garlic clove
- 1/4 tsp salt
- 5g yacon syrup
- 1 tsp finely chopped red onion
- 2 tsp finely chopped cucumber pickes (gherkins)

Procedure :

1. Place the fresh tomato in the boiling water for 1 minute.
2. Take out the skin from the tomato and place peeled tomato in a blender jug.
3. Blend all ingredients except the onion and gherkins until smooth.
4. Then add 2 tsp finely chopped gherkins and 1 tsp chopped red onion and mix well.



PREBIOTIC DRINKS



8. Prebiotic Chocolate Milkshake

Ingredients :

- 3/4 cup milk of choice
- 1/4 cup unsweetened peanut butter
- 2 tbs cocoa powder
- 1 ripe banana sliced and frozen
- 2 tbs yacon syrup
- 5-10 ice cubes

Procedure :

1. Place the ingredients in the blender in the order listed.
2. Process the mixture until smooth. If it's too thick for your blender to run properly, add just a little bit more milk.
3. Divide into 2 glasses and serve.



9. Prebiotic Vegan Smoothie

Ingredients :

- Chopped apple: 1
- Chia seeds: 2 teaspoons
- Chopped Banana: 1
- Kiwifruit peeled: 2
- Kale: 1/2 cup
- Yacon Syrup: 1 tablespoon
- Coconut water: 2 cups
- Ice: ¼ cup

Procedure :

1. Blend yacon syrup, chia seeds, kale, kiwifruit, banana, apple, and coconut water in a blender.
2. Blend everything to make a smooth mixture.
3. Serve chilled.



10. Cocoa, Orange & Banana Hazelnut Milk

Ingredients :

- 3 cups (750ml) hazelnut milk – I used Alpro
- 2 medium bananas
- 2 tbsp yacon syrup
- 3 tbsp cocoa powder
- 3 tbsp blanched hazelnuts
- 1/4 tsp orange extract
- pinch vanilla powder

Procedure :

1. Add the hazelnut milk, bananas, yacon syrup, cocoa powder, hazelnuts, orange extract and vanilla into your blender and blend until smooth.
2. Then, pour the drinks into glasses to serve as they are, or leave to chill in the fridge, or serve with ice for a cooling drink.



DESSERTS



11. No Bake Energy Balls

Ingredients :

For 10-12 energy balls)

- 135g rolled oats
- 45g sugar free Cacao Nibs
- 45g Yacon Syrup
- 40g flaxseed and chia mix
- 30g unsweetened peanut butter
- 30g unsweetened almond butter
- 5ml vanilla extract

Procedure :

1. Add all the ingredients together in a large bowl.
2. Mix together until combined.
3. Using a tablespoon or small ice cream spoon, scoop the mix and form a ball using your hands.
4. Pop into the freezer for an hour to set.
5. Enjoy! To keep these fresh, keep the balls refrigerated.



12. Chocolate Peanut Butter Bar

Ingredients :

BASE

- 1 c rolled oats
- 1/2 cup peanut butter
- 1 c dates chopped
- 2 tbsp coconut oil melted
- 2 tbsp yacon syrup
- 1 tsp vanilla extract
- Pinch of sea salt

CHOCOLATE TOPPING

1. 1/3 cup cacao butter melted
2. 3 tbsp coconut oil melted
3. 3 tbsp liquid sweetener e.g. coconut nectar, brown rice syrup, yacon syrup
4. 1/2 c cacao powder
5. 1 tsp vanilla extract
6. Pinch of sea salt
7. 4 drops OnGuard essential oil optional



Chocolate Peanut Butter Bar

Procedure :

1. Blend all base ingredients in a food processor until well combined. The mixture should be slightly sticky and hold together nicely when pinched between your fingers.
2. Pour into a lined square tin, flatten down well with the palm of your hand, and place in the freezer to firm.
3. In the meantime, blend all topping ingredients in a food processor or blender until completely combined and smooth. Pour on top of your base and return to the freezer for another 1-2 hours, or the fridge for a few more.
4. Once set, remove your slice from the tin, leave to soften slightly (so the chocolate topping doesn't crack), then slice into thin bars. These bars are best served from the fridge, but can also be stored in the freezer for up to 3 months.



13. Prebiotic Creamy Coconut Pops

Ingredients :

- 2½ cups coconut milk, full fat
- ½ cup Yacon Syrup, plus a few tablespoons more for topping
- 1 tablespoon ground cinnamon
- sea salt

Procedure :

1. In a medium bowl combine the coconut milk, yacon syrup, cinnamon and a dash of sea salt.
2. Prepare 8-10 popsicle molds by drizzling a teaspoon of yacon syrup into the bottoms and grinding a touch of sea salt. Fill each mold with the coconut milk mixture.
3. Freeze for 6 hours, or until solid. Enjoy!



14. Prebiotic Banana Gelato

Ingredients :

- 2 frozen bananas (freeze in small pieces)
- 2 soft dates (pitted)
- 2 tablespoons yacon syrup
- Celery powder or kelp (to taste)

Procedure :

Mix all ingredients in food processor with S blade for 3-4 minutes or until creamy and smooth. Serve immediately and enjoy.



15. Sugar Free Keto Caramel Sauce

Ingredients :

- 1/2 cup **allulose sweetener**
- 1/2 cup heavy whipping cream
- 1 tbs butter
- 1 tsp Yacon syrup
- 1 tsp vanilla extract
- 1/4 tsp salt

Procedure :

1. In a medium size frying pan or sauce pan, add the heavy cream and butter and cook it over medium heat.
2. Once the butter has melted with the cream, add the remaining ingredients.
3. Continue whisking the ingredients with a hand whisk. It will take about 7 to 10 minutes to start to boil.
4. Once the mixture starts to boil it will get a bit thicker. It will still have a nice brown color. When you notice the caramel color start to get really thick bubbles, it's ready.
5. Pour the hot Sugar Free Keto Caramel Sauce into a glass mason jar and allow it to cool. The mixture will thicken a bit more when it cools.



BAKING APPLICATIONS



16. *Low Sugar Banana Bread*

Ingredients :

Makes one 1kg loaf

- 125g Butter
- 2 ripe Bananas
- 1tsp vanilla essence
- 1/2 tsp ground cinnamon
- 2 tablespoons milk
- 2 eggs
- 100g Yacon Syrup

230g self-raising flour

Procedure :

1. Preheat your oven to 170C and place a low sided baking tray on the middle shelf and then line a loaf tin with baking paper.
2. Melt the butter, then add the bananas and mix to form a smooth paste.
3. Add in the vanilla essence, cinnamon, milk and syrup and mix again.
4. Add in the eggs and mix fully.
5. Scrape down the sides of the mixing bowl and add the flour in. Mix to combine for about 15 more seconds.
6. Pour into the prepared tin and cover loosely with tin foil. Cook for 45mins. After 45 mins take off the tin foil and cook for a further 15 mins.
7. Let it cool before transferring to a serving plate.



17. Banana & Oat Protein Muffins

Ingredients :

- 150g Oats
- 2 Small mashed bananas
- 50g Melted coconut oil
- 3 tbs Yacon Syrup
- 1 tsp Cinnamon or 1/2 tsp Nutmeg
- 80g sugar free Cacao Nibs
- 80g Chopped Walnuts
- 1 tsp Almond Essence
- 1 Scoop Protein

Procedure :

1. Pre-heat the oven to 170c and grease a muffin tray.
2. Mix the oats, protein powder, sugar free cacao nibs and cinnamon in a large bowl.
3. In a separate bowl, combine the mashed bananas, melted coconut oil, Yacon Syrup and almond essence.
4. Mix the wet ingredients into the dry mixture and mix until it resembles dough like texture. Fold in the walnuts slowly as it starts to form.
5. Transfer into a muffin tray and flatten with a spoon.
6. Leave for 5 minutes before baking for 15-17 minutes and golden brown on top.
7. Allow to cool before serving .



18. *Chocolate Chip Cookies*

Ingredients :

- 2½ cups blanched almond flour
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ½ cup avocado oil or sunflower
- 1 tablespoon vanilla extract
- ½ cup yacon syrup
- 1 cup chocolate chips

Procedure :

1. Combine dry ingredients in a large bowl
2. Stir together wet ingredients in a small bowl
3. Mix wet ingredients into dry
4. Form ½-inch balls and press onto a parchment paper lined baking sheet
5. Bake at 350°F for 7-10 minutes
6. Cool and serve



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