

The Yacon Syrup

Andrea Lynn Drake

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This book is dedicated to:

My Mom whom loved and supported me no matter what I did or did not do. Who loves me unconditionally and has been there with me through it all.

My children, my loves, and the best people I know; Chelsea, Joshua, and Jacob, who always loved my cooking and never insulted the cook.

My Granny and Pop whom taught me that good cooking can bring a family together.

My Josh, whom encouraged me to write this book and share my cooking with others. Who bravely tried all my recipes and gave me the honesty I needed.



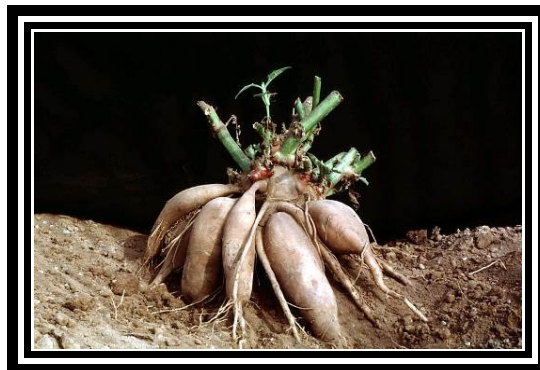
What is Yacon Syrup?

Yacon is a plant that has a large root that can be harvested and eaten. It is grown in Central America and mostly exported from the area of Peru. It's common name is the Peruvian ground apple. Yacon is closely related to the sunflower.

Yacon is sweet in taste. This is due to its (FOS). Fructooligosaccharide is a polysaccharide that is made up of fructose. FOS is also in bananas, onions, garlic, wheat and a few other fruits and vegetables. However, Yacon has the highest percentage of FOS, between 30%-50% respectively.

Yacon is Generally recognized as safe (GRAS) by the FDA. That means, is considered safe by experts, and so is exempted from the usual Food, Drug, and Cosmetic Act (FDCA) food additive tolerance requirements.

Please visit www.fitmeds.com for more information on Yacon Syrup and to purchase.



About the author

Andrea Lynn (Lockwood) Drake was born in Albuquerque, New Mexico April 5, 1967 at Kirkland Air Force Base. Her mother, Dr. Nancy Gregory Lockwood, was staying with Andrea's grandparents, Cdr. Hayden Alvin Gregory and Mrs. Gladys Fox Gregory because Andrea's father, Cdr. Bruce William Lockwood was in Vietnam at the time of her birth.

Andrea primarily grew up between San Diego and Albuquerque but always considered Albuquerque her home.

Andrea currently resides in Arizona and enjoys spending time with her Mom in Albuquerque, her children, Chelsea, Joshua, and Jacob as well as her love, Josh. She loves blue Great Dane dogs, Siamese cats, Quarter Horses, owls, and many other animals.

Her future plans include, writing more cookbooks, raising her children, traveling and animal advocacy.



About this Cookbook

The recipes in this cookbook are for those whom are sensitive to sugar. Yacon syrup is an all-natural sugar substitute. It not a fake sugar! None of these recipes contain sugar alcohol either.

Additionally, most of the recipes are either no carb or low carb as well. If you need to be gluten-free there are several alternatives that can be used in these recipes to make them gluten-free. Furthermore, most of these recipes can use milk alternatives.

Other uses for Yacon Syrup:

In plain greek yogurt

In coffee or tea

On top of granola or granola cereal

On pancakes or waffles instead of syrup

On a peanut butter sandwich or toast instead of jelly

On top of ice cream

Before eating Yacon Syrup, please consult with your doctor, especially if you are nursing or pregnant. It can have a laxative effect on some people and those who have bowel or digestive issues may have their conditions exasperated by Yacon. There have not been studies stating these claims, however, it has been noted that some people have experienced looser than normal bowels when eating Yacon Syrup. It is always wise to consult your doctor before eating a new food, no matter what the food is.

When you are cooking with Yacon Syrup, it is best to use glass or plastic sprayed with cooking spray. It comes out much easier. Additionally, putting the bottle in warm water or adding a little warm water to it and shaking it can loosen up the syrup if it is a little tough.

Please visit www.fitmeds.com for more information on Yacon Syrup and to purchase.

Where to Buy?

There are different brands and each one has a different taste and texture. I prefer the lighter ones. Fitmeds.com has the one I like the most. It is not as heavy and easy to cook with it.

Breakfast



Pumpkin Spread

Ingredients:

3 1/2 cups pumpkin puree (not pie filling)
3/4 cup light apple juice (unsweetened or unfiltered)
1 tsp lemon juice
1 cup of Yacon Syrup
2 tsp Pumpkin Pie Spice
2 tsp Nutmeg
2 tsp of vanilla extract
1 tsp cinnamon
3 cinnamon sticks

Directions

In a large sauce pan add in the pumpkin puree, lite apple juice, lemon juice, Yacon Syrup, and nutmeg, pumpkin pie spice.

Mix to combine.

Add in the cinnamon sticks, vanilla extract and powdered cinnamon.

Stir well to combine.

Place the pan over medium-high heat and bring to a slow boil (where the edges start to bubble)

Immediately reduce the heat to a simmer and allow to cook for 30-45 minutes or until the mixture is thick.

While the mixture is cooking stir frequently as you don't want to burn the bottom.

Taste for seasoning.

Remove the cinnamon sticks from the mixture and discard.

Place into a glass storage container

It stays good for about 3 weeks in the fridge.



Vanilla Protein Breakfast Bars

Ingredients:

2 cups old-fashioned rolled oats or gluten free oats
1/2 cup Vanilla Bean protein powder
1 cup raw pecan halves
1/4 tsp salt
1 tsp Pumpkin Pie Spice
1/2 cup Yacon Syrup
3/4 cup melted coconut oil
1 1/4 cups Pumpkin Spread (see recipe on page 8)

Directions

Preheat oven to 350F

Line an 8-inch square pan with parchment paper leaving a 1" overhang all the way around. I also sprayed this down with Canola Oil Spray.

In a food processor process the oats, pecans, salt, and spices until finely ground but not quite into a powder. You want a crumble.

Dump the oat mixture into a bowl and add in the protein powder whisking to combine.

Add in the Yacon Syrup, and the melted coconut oil.

Mix gently until the mixture comes together forming a moist crumble.

Remove 3/4 cup for topping, setting it aside, and press the remaining mixture firmly and evenly into the prepared pan. Use the bottom of a smaller measuring cup to help press it down evenly.

Spoon the pumpkin spread evenly over the crust in the pan.

Sprinkle the remaining crust mixture evenly over the pumpkin butter pressing the crumbles down lightly. Don't worry if it doesn't cover it all.

Bake in the oven for about 20-25 minutes or until golden brown on the top.

Remove from the oven and allow to cool completely before cutting.

Optional: Use salted pecans or lightly add sea salt to the top as a contrast to the sweet.



Andrea's Yacon Sugar Free Low Carb Baked French Toast



Ingredients

1 baguette of Wheat French bread cut in 1" slices
6 large eggs or egg whites
1 1/2 cups skim milk
1 cup light cream or half & half
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 cup butter or margarine (softened)
1/2 cup Yacon Syrup
1/2 cup chopped walnuts

Night before:

Butter 9"x 9" baking dish. Dip each piece of bread into egg mix. Top and bottom. Then arrange bread slices in baking dish.

In medium bowl, combine eggs, milk, cream, vanilla extract, cinnamon & nutmeg. Mix well.

Pour remaining mixture over bread slices.

Cover and refrigerate overnight.

Next day:

Preheat oven to 350° F.

In small bowl combine softened butter, 1/2 cup Yacon, walnuts Mix well. Evenly spread mixture over bread.

Bake for 40 minutes until puffed & golden.

Yacon Raisin Bran Muffins

Ingredients:

2 cups plain yogurt
1 egg, beaten
1/3 cup Yacon Syrup
1 cup raisins
1/2 cup wheat germ
1 cup quick cooking oats
3 tablespoons butter, melted
1 1/2 cups whole wheat flour
1 1/4 teaspoons baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/2 teaspoon sea salt

Directions:

Preheat oven to 350

Spray 12 muffin cups with Canola Oil Spray

Beat together the yogurt, egg, Yacon, raisins, wheat germ, and butter.
Sift the flour, baking soda, cinnamon, ginger, cloves and sea salt on top of the Yacon mixture. Fold in until a batter forms.

Pour to the top of each muffin cup.

Bake about 25 minutes and test with a toothpick.

Dinner



Slow Cooked Yacon Ham

Ingredients:

Picnic or shoulder Ham, bone-in
Yacon Syrup

Directions:

This is low and slow.

The shape of the ham is super important! Please see photo. You want a round flat base and flat top. They are small so if you are cooking for more than 2-3 people, I recommend getting at least one more similar ham and borrowing a second slow cooker. Remember, slow cookers are all different so keep your eye on your second ham if you are using an unknown slow cooker.

On the flat side of the ham, pour the Yacon on. Place that side down. Then put more Yacon on the top. Let it cook for a few hours. Then pour water around it. Not on top of it, you do not want to wash the Yacon off. Let it cook another 5 hours, then flip it over to allow the fat side to add taste to the Yacon water. Let it cook another 3 hours.



Cristina Rivier's Yacon Glazed Salmon

Ingredients:

4 6-ounce Atlantic or sockeye salmon portions

1 tablespoon chicken seasoning (any type works)

1/2 tablespoon garlic powder

1/2 Cup of Yacon Syrup

Directions:

Preheat oven to 375.

Place salmon portions, evenly spaced, on a sheet of foil. Roll up the edges of the foil.

Sprinkle seasoning salt and garlic powder evenly over salmon.

Spread Yacon Syrup by hand coating completely

Bake for 8-12 minutes or until the salmon flakes with a fork

Steak or Chicken Yacon Marinade

Ingredients:

- 2 tablespoons Worcestershire sauce
- 2 tablespoons low sodium soy sauce
- 1 teaspoon liquid smoke flavoring
- 3 tablespoons Yacon
- 1 tablespoon sesame seeds
- 1 teaspoon paprika
- 1/2 teaspoon garlic salt
- 1/4 teaspoon garlic pepper
- 2 teaspoons minced garlic
- 1/4 cup canola oil

Yacon Wheat Bread

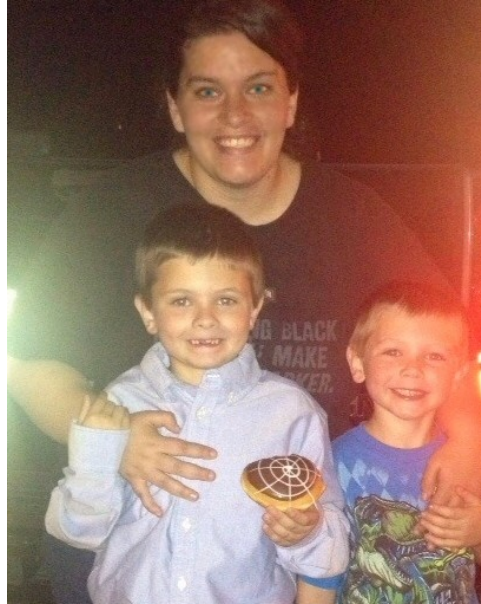
Ingredients:

3 cups warm water
2 (.25 oz) packages active dry yeast
1/3 cup yacon
5 cups wheat bread flour
3 tablespoons melted butter
1/3 cup Yacon
1 tablespoon salt
3 1/2 cups whole wheat flour
2 tablespoons melted butter

Directions:

In a large bowl, mix warm water, yeast, and 1/3 cup Yacon
Add 5 cups wheat bread flour, and stir to combine. Let set for 30 minutes.
Mix in 3 tablespoons melted butter, 1/3 cup Yacon, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.
Punch down, and divide into 2 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch.
Bake at 350 degrees F for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard.

Dessert



Yacon Syrup Dark Chocolate

Ingredients

1 cup coconut oil
1/2 cup Syrup
1 cup powder
1 dash of sea salt (optional)
1 tsp of

Get your pan ready. I like my chocolate unfancy and homemade looking. So I just pour it into a cookie sheet lined with parchment paper that is sprayed with Canola Oil cooking spray.

Heat the coconut oil to room temp. You can put it in a Pyrex measuring cup and put the measuring cup in about 2 inches of water over the stove. Do not microwave the coconut oil. It is too quick to heat and you will have no control over the heating UP process. It only takes about 3-5 minutes to heat the coconut oil to its melting point. You want it “mildly melted”, so you still want to see at least one piece of unmelted oil within the oil.

OK enough obsessing over that!

The rest is “easy peasy” as my little Joshua says. Pour the ½c of Yacon Syrup, the 1c of Cocoa Powder, the dash of sea salt and the 1tsp of vanilla into the mixer or food processor. Mix for 30 seconds. Then pour the coconut oil in. Mix again until everything is mixed together.

Now pour onto cookie sheet or bowl and put in fridge to harden up.

I like to add nuts to mine too sometimes. You can add anything you want that is sugar-free, carb-free, or whatever free-diet you are on.



Yacon Syrup Chocolate Cupcakes

Ingredients:

1/4 teaspoon baking soda
1/2 cup wheat flour sifted
1/2 teaspoon sea salt
6 eggs or egg whites
1/2 cup olive oil
1 tablespoon vanilla extract
1/2 cup Yacon Syrup

Directions:

In a medium bowl, combine wheat flour, salt and baking soda

In a small bowl, blend together eggs, olive oil, Yacon and vanilla

Mix wet ingredients into dry and blend with a mixer or hand blender until smooth

Pour batter, filling each cup halfway, into well sprayed with Canola spray muffin pan

Bake at 350° for 15-20 minutes but check in 10.

Cool completely



Carmel Sauce

Ingredients:

1/2 cup Yacon Syrup
1/3 cup heavy cream
2 tablespoons butter
1/2 teaspoon sea salt

Directions:

Bring Yacon to a boil over medium heat, stirring once or twice. cream and butter and allow to cook a few more minutes, stirring constantly. salt and stir well to incorporate. may seem thin... that's ok. in a bowl. with plastic wrap and cool in the fridge for at least 4 hours, overnight is best.

Leave this in the fridge and watch how it will magically disappear. Little (and big) fingers tend to find their way into the bowl. Ask me how I know.

OK so this is good with anything. Cheesecake, on the chocolate, on cupcakes, in coffee. Whatever you want



Coconut Pecan Icing

Ingredients:

1/2 cup Yacon
2 egg yolks
1/4 cup butter
1/4 cup unsweetened coconut
1/4 cup chopped pecans
1 tsp vanilla

Directions:

In a heavy 2 quart saucepan over medium-high heat, cook the Yacon, egg yolks, and butter 10 minutes, stirring constantly, until bubbly. Remove from heat, and stir in the coconut, pecans, and vanilla.

Let cool at least a few hours until it is thickened before applying to cake.

