

Agave

Angustifolia



Benefits

Low Glycaemic Index (GI)

Unlike processed sugar, Agave Nectar has an extremely low GI, coming in at between 20 – 30 (table sugar has a GI of 60 – 65). A lower GI means this sweet syrup raises blood sugar at a much lower pace, making it a good alternative sweetener for people watching their blood sugar levels.

Organic Raw Agave Nectar is one and a half times sweeter than sugar so less is definitely more. Although it is a natural sweetener, like all plants that have a high sugar content it is best to use Agave Syrup sparingly.

Digestion

Raw Agave Nectar is processed using the minimum of heat, protecting the delicate nutrient content such as the fibre "inulin". Inulin is a prebiotic fibre that is not digested by enzymes in the human body and feeds the probiotic (good) bacteria in the gut.

Skin Health

One of the ancient uses of this nectar is as a wound healer and skin soother. It has now been confirmed that Agave Nectar applied to the skin is effective against pyogenic (pus producing) bacteria, such as “staph aureus”.

The tradition of adding salt to Agave Nectar has been found to further boost its antimicrobial activity.

Folklore and history

The Aztecs prized the Agave plant as a gift from the gods – the roots were cooked as a tasty staple food, its tough leaves were used as thatch, thread and cords were drawn from its fibres and the “honey water” was gathered to be consumed as a healthy, fresh beverage.

Traditional use

Flourishing in the dry, arid regions of the southwestern United States and Mexico, the Agave plant has a long history of use in the production of sweeteners, fibre products and alcoholic beverages – the most famous of which is tequila!

In ancient Mexican folk medicine, various parts of the Agave plant were used to remedy constipation, jaundice, toothache and skin infections.



Typical use

Organic Raw Agave Nectar

Use in cooking and food preparation as you would another sweetener. However be aware that Agave syrup is sweeter than honey so less is needed.

Origin

Mexico

Alternative names

Blue Agave or Tequila Agave

Parts used

Core of the cactus-like plant

