



## ORGANIC BLUE AGAVE PRODUCTS

Ciranda's Agave Products are derived from the Blue agave plant which grows in Mexico. Historically, the agave piña was placed in the fire pit and roasted a few days. The roasting partially hydrolyzed the inulin to simple sugars, yielding a sweet tasting food like a sweet potato, high in sugars and prebiotic fiber. Although our process for using the agave plant has changed, we are still enjoying the same health benefits from the prebiotic fiber today.

### AGAVE SYRUP

**LOW GLYCEMIC NATURAL SWEETENER** Agave syrup is a low glycemic index natural sweetener produced from the piña of the Blue agave plant. We carry both light and dark agave syrups. Light syrup is golden in color and has a slight agave flavor. Dark syrup has an amber color and a more pronounced agave flavor. Both syrups have a glycemic index of approximately 17.



### AGAVE INULIN

**PREBIOTIC FOR INTESTINAL HEALTH** Agave inulin is a highly soluble dietary fiber (inulin-type fructans) that has been shown by many scientific studies to promote multiple health benefits. The inulin serves as a "fertilizer" for beneficial Bifidobacteria in the large intestine.

### PRODUCTION AND PROCESSING

Agave is grown in the arid areas of Mexico, requiring no irrigation and no fertilizing for organic agave. Agave can be grown in poor soil that does not support other food crops. The spreading leaves are chopped from the agave piña and the piña is then transported to the processing plant. The piña is ground up with hot water, releasing the inulin from the fiber. The remaining fiber is filtered out, leaving dilute inulin syrup. To make powdered inulin, the dilute inulin syrup is dried. To make agave syrup, the dilute inulin syrup is processed with low heat. The process breaks down the inulin into fructose and glucose. This dilute fructose syrup is concentrated, yielding a syrup of approximately 80% fructose and 17% glucose.



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*Innovative organic ingredients*



## APPLICATIONS, PROPERTIES AND TECHNICAL DATA

Both agave inulin and agave syrup can be used in a wide variety of applications. Please review the table to see how agave syrup and/or inulin might benefit your application.

|                           | Agave Syrup                          | Agave Inulin                       |
|---------------------------|--------------------------------------|------------------------------------|
| <b>Applications</b>       |                                      |                                    |
| Frozen/Ice Cream          | Freeze point depression, Sweetener   | Texture firming, Prebiotic fiber   |
| Bars                      | Humectant, Sweetener                 | Prebiotic fiber                    |
| Beverages                 | Sweetener                            | Prebiotic fiber, High solubility   |
| Cereal                    | Slight binding, Sweetener            | Prebiotic fiber                    |
| Confectionary             | Browning sugar, Sweetener            | Prebiotic fiber                    |
| Baked Goods               | Humectant, Browning sugar, Sweetener | Prebiotic fiber, Water binding     |
| Fruit Prep                | Water activity modifier, Sweetener   | Viscosity builder, Prebiotic fiber |
| Creamers                  | –                                    | Prebiotic fiber                    |
| Table Syrups              | Water activity control, Sweetener    | Viscosity builder, Prebiotic fiber |
| Energy Delivery           | High energy                          | –                                  |
| Sauces                    | Browning sugar, Sweetener            | Viscosity builder, Prebiotic fiber |
| Fermentation applications | High fermentation                    | –                                  |
| Other                     | Low GI sweetener                     | Low GI, High solubility            |
| <b>Properties</b>         |                                      |                                    |
| Sweetness                 | Very high sweetness, Neutral flavor  | No sweetness, Bland flavor         |
| Prebiotic                 | –                                    | Good Prebiotic                     |
| <b>Technical Data</b>     |                                      |                                    |
| Glucose                   | <15%                                 | <3%                                |
| Fructose                  | >80%                                 | <3%                                |
| FOS                       | <2%                                  | –                                  |
| Inulin                    | –                                    | >93%                               |

