



**Chocolat Stella Bernrain once again proves its pioneering role in the organic chocolate industry. Introducing the first organic and Fair Trade chocolate with**

# Agave Nectar

**as an alternative to conventional sugar (sucrose)**



While Agave is best recognized as the plant from which tequila is made, it has also been used for thousands of years as an ingredient in food. In Mexico, the nectar made from the plant is known as Aguamiel, or “honey water.” The Aztecs prized the Agave as a gift from the gods and used the liquid from its core to flavour foods and drinks. Now, due to an increasing awareness of Agave nectar’s many beneficial properties, it is becoming the preferred sweetener of health conscious consumers and natural food chefs.

The majority of Agave nectar (sometimes called Agave syrup) is produced from the Blue Agaves that thrive in the volcanic soils of southern Mexico. Agaves are large, thorny plants that resemble cacti or yuccas in both form and habitat, but they are actually a succulent plant, similar to Aloe Vera.

## **Interesting facts about Agave nectar:**

- It contains various types of sugars with specific characteristics that contribute to healthy nutrition.
- Thanks to these various sugars, Agave nectar assists in quick and balanced energy absorption.
- Its sucrose content is very low.
- It has a lower glycemic index than sucrose and many other sugars.
- Its intense and peculiar sweetness harmonizes perfectly with the Chocolat Stella organic chocolate both in dark and milk formulations.
- In these chocolate recipes we have also added Agave inulin, which is a healthy natural probiotic fibre. Therefore, this chocolate can technically bear the claim “rich in fibre”.

We hope that you enjoy these delicious chocolate and we remain at your disposal for your specific requests and project developments.