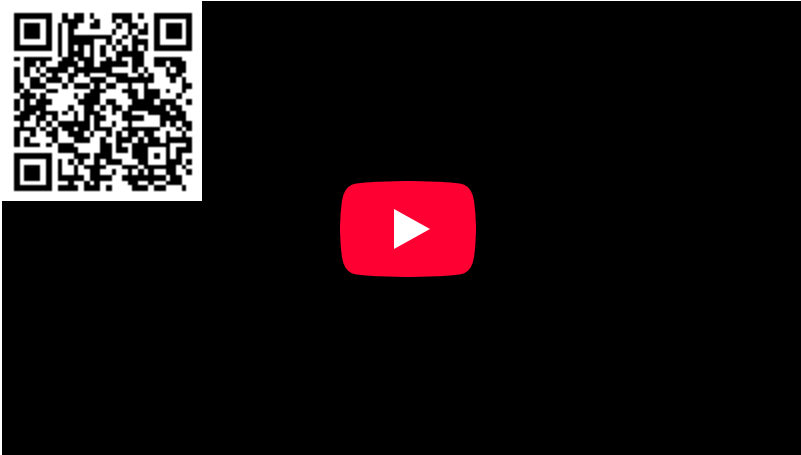


4.4: Agave

Agave has gained popularity in the food industry due to some of its nutritional properties. The agave nectar is obtained from the sap of the heart of the agave plant, a desert succulent, which is also used to produce tequila. The syrup/sugar production process of agave is similar to that of sugar. See more about the nutritional properties and application of agave in the chapter Special Diets, Allergies, Intolerances, Emerging Issues, and Trends in the open textbook Nutrition and Labelling for the Canadian Baker.

A video on the production of agave syrup is available



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