

Baking with Inulin



What Is Inulin?

Inulin is a natural dietary fibre found in plants like chicory root. It's slightly sweet, totally plant-based, and packed with health benefits—especially when used in baking!

Benefits of Inulin in Baked Goods

Naturally Sweet (Without Sugar Spikes!)

Inulin adds a mild sweetness but doesn't affect blood sugar—perfect for low-sugar and diabetic-friendly recipes.



Gut Health Hero

As a prebiotic, inulin feeds the good bacteria in your gut, supporting digestion and a healthy microbiome.

Moisture Magic

Inulin helps baked goods stay moist longer - great for keeping products fresh without artificial preservatives.



Ingredients

- 2 whole oranges
- 6 large eggs
- 250 g (8.8 oz) almond flour
- 50 g (1.7 oz) [Pure as Inulin Powder](#)
- 1 tbsp baking powder
- 1/4 tsp Himalayan salt
- 1 vanilla pod, seeds scraped
- Extra [Pure as Inulin Powder](#) for dusting (optional)

Lower in Fat, Still Delicious

It can replace some fats in recipes, reducing calories while keeping the creamy, rich texture intact.

Clean Label Appeal

No weird chemicals. Just a natural fiber with real benefits—ideal for clean-eating customers.



Ingredients

Soya Protein, Chicory Root Fibre, Dark Belgian Chocolate with Natural Sweeteners (17%) (Cocoa Mass, Natural Sweetener (Maltitol), Cocoa Butter, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), **Milk** Belgian Chocolate with Natural Sweeteners (Natural Sweetener (Maltitol), Whole **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**Soya** Lecithin), Natural Vanilla Flavouring), Rice Crispies (Rice Flour, **Wheat** (**Gluten**) Flour, Sugar, Whey Powder (**Milk**), **Barley** (**Gluten**) Malt Flour, Salt, Rapeseed Oil, Emulsifier (**Soya** Lecithin))

For allergens see ingredients in **bold**.



Perfect For:

- Muffins
- Cookies
- Cakes
- Bread
- Gluten-free & low-carb recipes

Want to Bake with Inulin?

Look for chicory root fibre or inulin powder at health stores or online.

Start by replacing 10–15% of flour or sugar in your recipe and experiment!

