



tuesday  
21  
july

## Tastier than a Chia Pet



Remember Chia Pets? I remember blowing my allowance on one of those back in the day. Alas, they seem to have gone the way of Sea Monkeys and X-Ray glasses; momentarily entertaining, but ultimately kind of disappointing.

Well it turns out that chia seeds are actually something called Salvia, and a very special variety of Salvia is now trademarked as Salba. Why do you care? You care because Salba is a veritable superfood—8x more Omega-3s than salmon, 6x more calcium than milk, 6x more iron than green beans,

more fiber than flax (and yes I'm obsessed). Salba's nutritional profile reads like the Dean's List of food. Surely this stuff must taste like cardboard, right?

Wrong. It tastes like... snacks. Check out the entire line of **Salba Smart** munchables, but I'm particularly smitten with their **organic white corn tortilla chips**. They taste like restaurant chips (I fed them to my unsuspecting family and they all raved about how delicious they were), and they're so packed full of Salba goodness, you don't even have to feel guilty about the fact that they're, you know...still chips. -Mir

*You can buy **Salba Smart tortilla chips** through our affiliate **Amazon** if you can't find them at your local store.*