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Salba?

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Normally we at eats.com are a little bit wary of health claims and all this superfood nonsense, but we're also willing to try something new. Enter salba, a crop grown solely in Peru (with experimental crops elsewhere). The seeds contain antioxidants and a high concentration of omega-3s, and from what we can tell, salba is pretty flavorless.

If you've heard of chia before, there are similarities between the two crops but chia is grown wildly throughout Mexico, Central America and South America while salba's growth is very controlled.

To learn more about the health benefits see [here](#) and [here](#). In the meantime, try some of the Salba Smart salsa and chips—they're quite good for health food.

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