



Featuring Salba Smart on *Lille Punkin'*
Reviews, June 1, 2009
Circulation: Web: 6,500

Review of Salba Smart Products



First of all, I had never heard of salba before testing out these products. When a rep from Salba Smart contacted me, I thought, "Huh?" That's about it.

Then I got a nice box of Salba Smart food: Salsas, Chips, and Pretzels (as well as a couple of tiny bags of the salba seed.) I looked into salba a bit more, tried the products, and felt enlightened by what I learned. Here's the scoop on salba:

- It is a nutrient-packed grain grown only in Peru
- It is the richest whole food source of Omega-3 fatty acids and fiber found in nature (which we know is good for your heart and your whole body!)
- Ounce per ounce, it gives 3x the iron in spinach, 15x more magnesium than broccoli, and 6x more calcium than whole milk (and I hate drinking milk.)

So what does it taste like? Well, since Salba Smart products have the salba seed mixed right in, you really don't "taste" the salba... The salsa is a fresh-tasting and delicious recipe with a hint of a nutty flavor (probably from the salba.) It's especially yummy paired with the Salba Smart chips they sent (which are very crisp and also have a nice grain-nut flavor -- but not too "healthy" or overpowering.)

Please note that this information is protected under copyright laws. If more copies are required, please contact *The Fresh Ideas Group* and we will pursue reprint permission with the publication.

All-in-all, these are a super snack! They balance flavor with the benefits of salba, and if you didn't know of a good way to sneak in a bit of extra nutrients into your diet, this is it!

The website provides a [good variety of recipes](#), for those that want to try adding just the seed to their diet. I took the salsa and added it to a crockpot meal to create a dinner that the kids and hubby just LOVED!



For more info on salba or the Salba Smart product line, see their website at www.salbasmart.com

Linsey