

# Fresh ink

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Featuring Salba Smart Mom Knows Everything Blog, May 20, 2009

Circulation: Web: 3,892

♥ WEDNESDAY, MAY 20, 2009



## Salba Smart



As a mom I'm always looking for new healthy snacks for my kids. I recently found out about salba. Salba is "Nature's Perfect Whole Food™". It's a super grain that has necessary nutrients, like fatty acids (omega-3), lots of dietary fibre, is very rich source of

vitamins, minerals and high quality vegetable protein.

[Salba Smart](#) has a variety of salba enriched products and snacks for your family.



We tried the pretzels, the white corn and blue corn tortilla chips, and all three flavors of the salsa. My kids loved them! They didn't realize that they were a "healthy" snack. They thought they were getting a treat. I honestly couldn't tell that they were a healthy snack either from the taste. Sometimes "healthy" snacks just don't taste as good as regular ones, but not with Salba Smart, it actually tasted very good! My husband hates hot salsa and loved the fact that their mild salsa was actually mild. My daughter likes the hot salsa and it was perfectly hot for her. You can also get salba seeds and add them to your yogurt or cereal, just like you would granola. You can also add them to your baking to make your muffins, breads, and cookies healthier.

For more information about Salba Smart and their products go to [www.SalbaSmart.com](http://www.SalbaSmart.com)

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