

Featuring Salba Smart on Mommy Mandy
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Amanda

A Stay-at-home Mom's Point of View



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A little known grain called Salba has revolutionized America's favorite condiment: salsa. National Salsa Month in May provides the perfect opportunity to sample Salba Smart's tasty Organic Salsas in Mild, Medium or Hot flavors (12oz). What makes Salba Smart's Salsas so special? Salba is a superfood*! A nutrient-packed grain grown only in Peru, Salba is the richest whole food source of Omega-3 fatty acids and fiber found in nature – and has been clinically proven to assist in the prevention and treatment of cardiovascular disease and in the reduction of blood pressure, inflammation and coagulation factors.

Ounce for ounce, Salba grain provides three times more iron than spinach, 15 times more magnesium than broccoli, and six times more calcium than whole milk. You can read more here: <http://www.salbasmart.com/>.

Of course salsa is rarely eaten alone: paired with tortilla chips, it's an ideal snack, but Salba Smart Organic Salsa can increase the nutritional content of meals when served over eggs, fish, chicken, beef, potatoes, pasta and pizza. Salba Smart also offers a range of products made from Salba which complement salsa, including organic tortilla chips, whole wheat tortillas and pretzels. All products contain 0g of trans fats, and are gluten free (except tortillas and pretzels) and Certified Non GMO. Whole Grain and Ground Salba are also available to add to everyday foods such as cereal. Salba Smart can be found at Whole Foods Market, Wild Oats, Vitamin Cottage, Wegman's and other natural foods stores.

Stay tuned for a personal review of this yummy food!

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