

Featuring Salba Smart on *This Mama Cooks!*
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Healthy Super Bowl snacking with Salba

With the Pro Bowl and Super Bowl coming up, it's time to stock the kitchen with healthy snacks. If you're horrified that your family loves unhealthy treats like pretzels, tortilla and potato chips, consider serving [Salba Smart](#) snacks instead.



Salba is a whole grain high in vital nutrients and minerals that provides:

- 8 x more Omega 3 than Atlantic Salmon
- 2.8 x more antioxidants than pomegranates
- 6 x more calcium than whole milk
- 3 x more iron than spinach
- 15 x more magnesium than broccoli.
- 3 x more fiber than oats

Salba Smart takes this grain and incorporates it into tortilla chips and salsa, potato chips, tortillas and pretzels making it a healthier (and organic) football party snacking option. They even sell

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bags of [Salba Smart Whole Grain](#) or [Salba Premium Ground](#) that you can add to your favorite dips, soups, stews, salads, and sandwiches.

Salba Smart products can be found at [Whole Foods](#), [Vitamin Cottage Natural Grocers](#), and other natural foods stores. You can also order online at [efoodpantry.com](#) and [Salba Smart at Amazon.com \(affiliate link\)](#); All products contain 0g of trans fats, and are gluten free (except tortillas and pretzels) and Certified Non GMO.

Yummy snacking goodness

I had a chance to try out all the [Salba Smart](#) products except for the tortillas. Both my kids loved taking the small 100-calorie pouches of [Salba Smart 100 Calorie Tortilla Chips](#) in their lunch bags. My son, Nathan, enjoyed the [pretzels](#) and asked to take a baggie of them in his lunch bag for several days in a row until we ran out.

The [blue and white corn tortilla chips](#) were also a big hit, since they tasted just as good as the regular organic tortilla chips we buy. I caught my daughter's friend, Nash, sneaking a few handfuls on the way out the door to his mom's car. Blue tortilla chips are always a big hit with the kids!

I *loved* [Salba Smart's salsas](#). I normally prefer sweet salsas, but these had a unique, smoky taste that went well with the chips or on food. I plan to buy these again next time I'm at Whole Foods.

Then there was the [potato crisps](#). So delicious, yet so dangerous! I found myself eating a full bag in one or two sittings. Yes, [Salba Smart Potato Crisps](#) contain high levels of Omega-3 essential fatty acids (300mg per serving), antioxidants, fiber, protein, calcium and iron – all of which provide a healthier alternative to traditional potato chips. However, a full bag has 550 to 600 calories - hide those yummy snacks from me!

Finally, I've been sprinkling Salba seed in everything from salad to crock pot stews. I love that I can sneak some Omega-3's, fiber and protein in without anyone noticing.