

BAOBAB: A SUPERFOOD INDEED

The baobab tree is sometimes known as the “tree of life” – and it’s easy to see why.

The fruit of this awe-inspiring tree can give us **almost six times as much vitamin C** as the equivalent amount of oranges. **Vitamin C protects our cells from free radical damage** and maintains the quality of our bones and teeth. It also helps us heal from wounds and is good for our mental faculties.

But that’s not all. In addition, **baobab pulp has a rich vitamin B content** which is needed for metabolism and energy production. Baobab contains:

- *thiamine (B1)*
- *riboflavin (B2)*
- *niacin (B3)*
- *pantothenic acid (B5)*
- *pyridoxine (B6)*
- *biotin*
- *cobalamin (B12)*
- *folic acid*

Baobab fruit is also **rich in calcium, potassium and sodium**, which help keep the blood healthy and allow our nerves to function properly. Without sodium or potassium, we would suffer impaired kidney function and poor nerve performance, while calcium supports healthy bones and teeth.





Meanwhile, pregnant women can consume up to 50 per cent of their recommended daily intake of carbohydrates from 100g of baobab pulp. A child can receive 40 per cent of their RDI of carbohydrates from 60g of the pulp. Baobab is, naturally, virtually fat-free.




Baobab fruit can give us significant amounts of amino acids; these are the basic building blocks of all proteins. Each one has a critical role to play in keeping our digestive systems in good condition.



The fruit is made up of around **50 per cent pectin by weight**. Pectin is a great source of soluble fibre which is needed for good gut health and digestion.

It's clear to see that **baobab really is a superfood**, giving us an abundance of vitamins, minerals and anti-oxidants. Happily, it also tastes great, so indulging in your favourite baobab treats really is a win-win!

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