

A new superfood

By: Judy Davie



It's incredible with the number of superfoods originating from the area that the Incas are not alive and kicking today. This month it's the Incaberry that hits our Australian shores and I think it's a winner.

Roll over gojiberries, incaberries have even more antioxidants and in my reasonably humble opinion they taste better. They have a unique sweet sour palate experience and work well with chocolate - you can get them

smothered in 70% cocoa chocolate, YUM! - cheese, and, my favourite, walnuts.

So do they rate the title superfood? I'd say so. In addition to the antioxidants they have more fibre than most dried fruit, an unusual amount of protein and good amounts of phosphorus and potassium.

For more information visit www.incaberries.com.au