

BAOBAB, the "Good Giant"



ID card of the next super fruit *

* A super fruit refers to a fruit that contains exceptional nutrient richness and antioxidant qualities yet still has an appealing taste.

Botanical name:	Adansonia digitata	Popular names:	Baobab, Boab, Boaboa, Bottle tree, Monkey Bread tree, Upside-down tree, Pharmacist tree, Tree of life
Life span:	Hundreds of years	Original habitat:	Africa and Australia
Height:	About 25 meters.	Width:	About 30 meters of circumference
Specific signs:	It is the national tree of Madagascar and it is the favorite food of elephants. It gives the best of its flavor in combination with Chocolat Stella dark organic chocolate		

Fruit pulp characteristics:



- * 100% organic certified.
- * High natural Vitamin C content (at least 150mg/100g)
- * Strong antioxidant properties: Integral Antioxidant Capacity (IAC) - 11.1 mmol/g. This value is significantly higher than that of an orange pulp (IAC = 0.103 mmol/g), and grape seed Oligomers (IAC = 10.25 mmol/g).
- * A natural source of minerals including Calcium (293 mg/100g), Phosphorus (96-118 mg/100g), Iron (7-8.6 mg/100g) and Potassium (2.31 mg/100g).
- * Vitamin B2 (riboflavin) and Vitamin B3 (niacin).
- * Vegetal source of amino acids.
- * Soluble and insoluble dietary fibers with prebiotic effects (44.6g/100g)
- * The acidulous taste is attributed to the presence of organic acids, such as citric acid, malic acid and succinic acid.

The Baobab fruit has twice as much Calcium as milk and six times the Vitamin C of an orange. According to the International Centre for Underutilized Crops at the University of Southampton (UK), the Baobab is "a fruit of the future", rich also in vitamin B1, B2. It also contains high levels of iron and potassium.

Baobab dried fruit pulp contains powerful antioxidants. Ranking of ORAC values (Oxygen Radical Absorbance Capacity, method of measuring antioxidant capacities in biological samples) shows Baobab dried fruit pulp to have double the capacity of pomegranate and cranberries, and even more than fruits such as blueberries, raspberries and blackberries.