DRINKS & SMOOTHIES

The Benefits of Baobab

By bestfolkmedicine · 14/01/2019 · 3 min read

Originating from Africa, baobab is an interesting looking fruit, that has taken its rightful superfood status in no time. The fruit is a member of the silk-cotton family, and the tree it grows on can reach up to 90 feet in height, and 60 feet in width, which is an interesting piece of trivia.

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As baobab is rich in vitamin C, the fruit has powerful effects on those fighting flu and colds. It also has potent antioxidant, antiviral, antimicrobial, and anti-inflammatory abilities. Here are some specific benefits of baobab consumption:

- *Detoxification*

Rich in antioxidants, baobab is proven to have twice the detoxifying powers of goji berries, especially in powder form. It also contains more antioxidants per gram than blueberries and pomegranates together. The detoxifying effects of baobab will show on your skin, as increases collagen levels and prevents wrinkles from forming. The antioxidants will also eliminate and expel any free radicals roaming through your body, thus preventing infections and serious illnesses.

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- *Effects on blood sugar*

Trials performed at *Oxford University* show that baobab powder consumed with milk reduces sugar absorption after consuming food. This finding can be extremely helpful for those suffering from type 2 diabetes.

- *Vitamin C content*

Vitamin C is one of the key elements in maintaining our health at an optimum level. This vitamin is commonly prescribed during pregnancy, as it fights infection, protects our cells, helps us process food more efficiently, and, most importantly, helps with bone and organ development of the fetus. Baobab is brimming with vitamin C, and it is safe for use during pregnancy. For male readers, vitamin C in baobab can help with post-workout recovery, it can prevent colds, and it boost metabolism.

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- *Iron Content*

It is estimated that over a third of world's population is iron deficient, and unaware of their condition. Most common symptom of iron deficiency is chronic fatigue, so pay attention if you experience it. Vitamin C found in baobab helps our organism absorb iron more efficiently. Coincidently, iron is also found in baobab, making us feel energized and fresh.

When it comes to storing and keeping baobab, you should avoid whole leaves. Buy powdered variety, which is proven to be the most efficient way to preserve mineral and vitamin content. Baobab essential oils are also available, and they can be used for massages and topical use.

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If you want to start consuming baobab, here are a few simple recipes:

1. *Baobab fruit drink:*

You will need:

- *2 ½ cups of baobab fruit pulp*
    - *5 cups of warm water*
    - *2 teaspoons of stevia*

Combine all of the ingredients in a large bowl and mix them well until the mixture becomes white and thick. Strain the mixture into a pitcher using a fine-mesh sieve, chill, and serve.

- *Baobab smoothie*

You will need:

- *4 cups of baobab fruit drink from above*
  - *2 cups of chopped, frozen banana*
  - *2 cups of coconut milk*
  - *1 cup of chopped, fresh pineapple*
  - *½ cup of raw cashews*

Put all the ingredients into a blender and blend until a smooth and creamy mixture is formed. You can serve the drink immediately after making it.

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