

WAYS TO USE BAOBAB POWDER



Upgrade Your Breakfast Porridge with Baobab Powder.

Who says porridge has to be boring? By adding a spoonful of baobab powder to a bowl of porridge you can take this mundane breakfast dish to a whole new level.

Add Baobab Powder to Energy Bar Recipes

Add Baobab powder to your Energy Bar recipes which are made up of ingredients like nuts, seeds and dried fruit. Homemade energy bars deliver protein and energy, and they are the perfect healthy pick-me-up for when you need a snack in a hurry.

Use Baobab Powder to Add an Exotic Twist to Smoothies

Adding baobab powder into a smoothie is a great way to use baobab powder and to add nutrients and an exotic twist to your smoothies



Use Baobab Powder in Baking

Did you know that you can boost the texture of homemade breads by adding a small amount of vitamin C rich powder such as baobab to the dough? This is because vitamin C helps boost the action of yeast by providing a slightly acidic environment in which yeast thrives.

Mix Baobab powder into salad dressings

Add a small amount of baobab powder to sauces. Like most other superfood powders, baobab powder dissolves better in thick liquids, such as sauces, than in thin liquids like juices or water.



Add Baobab Powder to your Face Masks