



Cacau (*Theobroma cacao*)

Highly energetic and rich in nutrients

Important source of Vitamin B complex as well as thiamine, iron, calcium and phosphorus

Contains pectin, to help reduce cholesterol levels

High dietary fibre content

Delicate buttery flavour

Not many people know that the cocoa bean, from which chocolate is made, is embedded in a thick sweet white pulp within the cacao pod. The people of Brazil have enjoyed the delicate buttery flavour of cacao pulp in juices, ice-creams and desserts. The cacao pulp has an almost perfumed flavour, which makes a divine thick white smoothie. No wonder cacao has been named "the food of the Gods".

NU Cacau

pronounced as: ka-cow

Native to the Amazon region, the cacao tree (*Theobroma cacao*) has long been of extreme importance both for its nutritious fruit, for the production of chocolate, and for its social value, since the cocoa bean was used as a means of exchange prior to the European colonisation of South America.

The golden-red to purple cacao pods grow on a tree that bears fruit all year round. The natives of South America traditionally fermented cacao juice to make a type of wine.

Following recent improvements in technology and cold logistics in the Amazon region, the appeal and consumption of cacao pulp has broadened considerably, with the growing market for this fruit providing a much-

needed boost to the region's impoverished economy.

In Brazil, cacao juice is considered regarded as being especially beneficial for children owing to its high content of calcium, vitamins A and B complex, and proteins. In general it is considered a fortifier and stimulant, as well as a revitalizing and energy promoting food. In addition, cacao also contains a high level of pectin (found typically in some fruits and vegetables such as apples). This soluble fibre is highly beneficial for health, since it acts to limit the amount of cholesterol the body absorbs thereby controlling the level of cholesterol accumulation in the bloodstream.

