

A Berry Good Recommendation from Dr. Perricone

Alisa Fleming, www.GoDairyFree.org ~ Sitting right up in the number one spot of Dr. Perricone's top 10 superfoods is a relative newcomer to the U.S. market, the açai berry. Harvested in Brazil, açai pulp is rich in Essential Fatty Acids (EFAs), antioxidants, and fiber … and (I quote) “studies have shown that this little berry is one of the most nutritious and powerful foods in the world!” Unfortunately, last time I checked, I couldn't pick up a pint of these little wonder fruits at my local supermarket. Luckily, companies like Bossa Nova are bottling açai in the form of delicious juices for some energy on the go. Unlike its juice competitors, Bossa Nova's juices are ranked very high in antioxidants (tops on the ORAC scale), yet relatively low in sugars ...

While I have yet to start tracking my antioxidant levels, I do try to keep my sugar intake low, so I was definitely up for some taste testing …

Bossa Nova Passionfruit Açai Juice:

I was a bit taken back when I brushed my nose by the cherry red glass … a mild scent of what seemed like red wine greeted my senses. Curious, I immediately dove in for a sip. On the contrary, a pleasantly sweet flavor emerged, the perfect amount of sweetness really, neither sugary nor bitter in any way. But wait … what is that I detect in the aftertaste? Hmm, it seemed to be the faintest lingering of a red wine-like flavor. It wasn't enough to deter teetotalers, but just added a bit of intrigue to the beverage, really.

I admit that I normally do not like juice as is, mixing it with mineral water to thin what always tastes a bit too syrupy in my opinion (even with 100% juices). Yet, Bossa Nova's Passionfruit Açai, when served on ice, was surprisingly refreshing and flavorful without being overbearing in any way. This is one beverage I may find myself sneaking into the grocery basket for a healthy treat after a good workout.

Bossa Nova Mango Açai Juice:

A quick sniff of this version confirmed that it was the açai emulating that light alcohol scent … but the taste of this drink was pure ripe fruit. It was a bit sweeter than the passionfruit enhanced juice, perhaps a bit too sweet for my everyday guzzling; enjoyed as the occasional treat or slightly sedated with a touch of mineral water would probably be my preference. Yet, I must admit that the flavor was very pleasant and uniform, and hard not to enjoy with that wonderful mango flavor taking center stage …

… hmm, mango. I dashed to the freezer and pulled out a bag of frozen mango that was just begging to be used. ½ cup of Bossa Nova, ¾ cup frozen mango cubes, and a buzz in the blender left me with a wonderful little smoothie that was brimming with flavor. Next time I would add a few ice cubes as I like my smoothies well chilled and thick, but it really was delicious!

Bossa Nova açai juices also come in Original, Blueberry (mmm, how did I overlook this one?), and raspberry. Since açai isn't very sweet on its own, these bevies are lightly sweetened with organic agave nectar and do state “natural flavors” on the ingredient statement, so do check with the manufacturer if you have any food allergies.

While I did find these juices tasty, I will probably take Dr. Perricone's suggestion to seek out the unsweetened açai pulp to blend into my own all-fruit smoothies. Of course, I am excited to see that Bossa Nova is available at my local grocer as it is a far healthier and tastier option than that loathsome can of soda pop when we are out and about!

For more information, visit the Bossa Nova website.