



Where Do My Superfoods Come From?

The term superfood is a buzzword at the moment. More people are looking for different superfoods to add to their diet, but do you know where your superfoods come from?

We're breaking down the top 20 superfoods that are easily added to your favorite smoothie.

These foods are all classified as a superfood due to their powerful health benefits, many of which come with the ability to fight inflammation.

Keeping your inflammatory load low is a key part of preventing chronic disease, and supporting optimal health.

Read on to get to know your superfoods a little better, and learn some tips and tricks about how to include them in your favorite smoothie by learning what they pair best with.

The Top 20 Superfoods You Need to Know More About

#1 Chia Seeds

Chia seeds are a plant-based omega-3 superfood that many people toss into a smoothie for added protein and fiber! These little seeds come from the *Salvia hispanica* plant from Central and South America, and are currently mostly exported by China, with an export value of 1.07B as of 2018!

They have been used since ancient times and were thought to be used as a great source of energy among the Mayans and Aztecs.

Today, athletes still rely on these seeds to boost overall energy levels.

Chia seeds pair really well with just about any smoothie ingredients. You can also make chia pudding with your favorite non-dairy milk, and a splash of pure vanilla extract for a nutritious snack or on the go breakfast.



#2 Flaxseeds

Flaxseeds are another popular superfood that is easy to blend into a smoothie for added fiber, protein, and plant-based omega-3 fatty acids.

They are thought to be native to Egypt, but this isn't completely confirmed as they have been used all around the world for ages! Flaxseeds are commonly enjoyed in the United States, South America, Europe, and Asia. Currently, Canada is the largest exporter of this superfood seed.

Flaxseeds have a mild flavor, so you can really add them to any of your go-to smoothies. And, while it's generally recommended to enjoy ground flaxseeds to reap all the benefits they have to offer, you can add whole flaxseeds to your smoothies, and just blend really well.



#3 Hemp Seeds

Here's another superfood seed that many people enjoy in their favorite smoothie recipe, or sprinkled over a bowl of oatmeal.

Hemp seeds, just like chia and flax, are also full of plant-based omega-3 fatty acids, fiber, and protein. They are also a great source of healthy fat and considered to be a complete protein, despite the fact that they are plant-based!

Hemp seeds come from the cannabis plant, but are free from THC, making them a perfectly safe addition to a balanced diet. They originate from Central Asia but are now used all around the world today. China and France dominate the production of Hemp Seeds with over 90% of the market.

Hemp seeds have an earthy flavor, and they pair well with a blueberry or strawberry-based smoothie. If the flavor is a little too overpowering for you, feel free to add a drizzle of pure maple syrup or raw honey to make the flavor more palatable.



#4 MCT Oil (coconut oil)

MCT oil has become increasingly popular as more people are looking for natural ways to boost energy and metabolism. MCT oil, also known as medium chain-triglycerides contains medium-chain fats extracted from coconut oil that is used as an immediate source of energy.

The origin of the coconut plant isn't completely clear, but findings suggest that it originated in the Indonesian region of India.

MCT oil can be added to any smoothie, as you don't need much, and it won't overpower the end product and how your smoothie tastes.

You can also add MCT oil to your morning cup of coffee for an added energy boost.



#5 Raw Cacao Powder

Raw cacao powder is a delicious addition to smoothies or even guilt-free baked goods. It's full of anti-inflammatory health benefits and magnesium.

The word cacao comes from the Olmec word "ka-ka-w." Aztecs would drink cacao beverages from cacao seeds in ancient times. Today, raw cacao is grown in West Africa.

Try making a delicious guilt-free chocolate shake with a frozen banana, a tablespoon of raw cacao powder, and a drizzle of raw honey!



#6 Collagen Protein

Collagen protein is a relatively new superfood that many people are adding to their smoothies and shakes to not only add a boost of protein, but also support skin, joint, and gut health.

Collagen peptides are made from animal tissues sourced from cows, chicken, fish, and even eggs. It's currently a very popular superfood ingredient, and it originates in different countries, depending on the product you use.

A very popular collagen peptide supplement from the company Vital Protein is sourced from grass-fed and pasture-raised bovine hides in Brazil. Their marine collagen comes from wild-caught white fish from off the coast of Alaska.

The great thing about collagen protein is that you can add it to any smoothie without altering the taste!



#7 Wild Blueberries

Wild blueberries are a delicious and antioxidant-rich powerhouse that makes the perfect smoothie addition.

These berries are native to North America. When not in season, you can find frozen wild blueberries that make a great addition to a smoothie.

Wild blueberries pair really well with coconut milk, bananas, and hemp seeds, so try this combo for an antioxidant-rich superfood smoothie.



#8 Manuka Honey

Manuka honey is one of nature's sweetest superfoods. Unlike other varieties of honey, Manuka honey comes from the Manuka tree, native to New Zealand.

Manuka honey holds powerful antibacterial properties, making it a better superfood choice than traditional honey.

Traditionally, manuka honey has been used to support digestive health, soothe a sore throat, and has even been used to help support wound healing.

You can add Manuka honey to any smoothie that you feel needs a touch of natural sweetness. Start with a teaspoon or two as a little goes a long way!

#9 Maca

Maca root powder is a popular power that can easily be blended into a smoothie or whisked into your morning cup of coffee.

It's commonly used to help boost libido, support fertility, and boost mood. This root comes from Peru, originating from the Andes Mountains. It has been growing there for well over 3,000 years.

Maca root has a delicious butterscotch flavor that pairs well with banana and vanilla flavors.

Try making a maca root vanilla smoothie with almond milk, unsweetened Greek yogurt, a frozen banana, and a splash of vanilla extract.



#10 Goji Berries

Goji berries are a nutrient-dense superfood that many people enjoy in their smoothies, on top of their smoothie bowls, or enjoyed in homemade trail mix.

They are full of antioxidants and have been known to help support the immune system, protect the skin, and even help support vision health.

Goji berries are native to China and have been enjoyed to help combat aging and boost overall health for centuries. To date, China is still the top supplier of goji berries.

These make a delicious addition to your favorite berry smoothie. Try adding a tablespoon of goji berries to a raspberry or blueberry-based smoothie. Just be sure to blend really well!



#11 Turmeric

Turmeric is one of the most talked-about superfoods today. It's loaded with anti-inflammatory properties and is known for a number of amazing health benefits like supporting the antioxidant capacity of the body, supporting brain health, and even reducing pain.

This powerful spice originated in India and is now used all around the world. Today, India happens to be the largest producer as well as exporter of turmeric. The total value ranked in at \$236 million in 2018.

You can make a delicious inflammation-busting turmeric smoothie with coconut milk, banana, pineapple, a pinch of turmeric, ground ginger, and honey.

#12 Ginger

Ginger is another wonderful anti-inflammatory spice that's commonly used to help support digestive health and reduce symptoms of nausea. It may also help ease muscle pain.

Ginger originated in Southeast Asia, but this spice is also cultivated in other countries like India. The top ginger exporter is China, alongside India and Indonesia.

Ginger pairs well with apple, banana, and pineapple. Try mixing these together with your favorite dairy-free milk for an anti-inflammatory smoothie.



#13 Camu Camu

Camu Camu is a sour berry, that is commonly found in powder form, making it an easy addition to your favorite smoothie.

It's an incredible source of vitamin C and antioxidants to help keep your immune system strong and your inflammation low. It comes from the riverside tree, native to Peru and Brazil.

Since Camu Camu has a tart flavor, try mixing it with fruits like pineapple, mango, or even kiwi for a delicious smoothie.



Brazil



Peru



China



US

#15 Acai

If you love acai bowls, keep enjoying them because Acai comes with countless health benefits. Acai is full of antioxidants, may boost brain health, and may even support healthy cholesterol levels.

Acai comes from the acai palm tree, native to Central and South America. Today the top acai supplier is Brazil.

This superfood can be made into an acai bowl or made into a delicious and antioxidant-rich smoothie.

This superfood pairs well with bananas, berries, coconut, hemp, or chia seeds.



Brazil

#16 Chlorella

Chlorella, another plant-based superfood that comes from algae, is thought to help bind to heavy metals in the body, supporting the body's natural detoxification system.

Chlorella was originally produced in Asia, but Taiwan quickly became the largest producer of chlorella.

Since you will only need a very small amount, you can really add chlorella to any of your favorite smoothies for an added boost. Don't like the flavor? Try adding a drizzle of manuka honey.



#17 Spirulina

Spirulina, also known as blue green algae, is grown in both fresh and saltwater. It's rich in protein, iron, and is packed full of antioxidants to help keep free radicals and inflammation at bay.

This superfood is thought to be one of the oldest life forms of earth! In fact, spirulina is believed to have produced a lot of the oxygen on the planet that then allowed other organisms to grow.

The Aztecs grew this algae in Lake Texcoco in Mexico, and it was also used in Africa as a staple in Africa native's diet. Today, it can be found in freshwater lakes, rivers, and ponds. To date, the top spirulina supplier is the Philippines followed by China.

Just like chlorella, you can add spirulina to any of your smoothies, and add a touch of natural sweetness if you don't love the flavor.



#18 Cinnamon

Cinnamon, one of the most loved spices, happens to hold some impressive health benefits. This superfood is believed to hold blood sugar-stabilizing health benefits. It's also full of antioxidants, helping to fight inflammation, and may even reduce the risk of heart disease.

True cinnamon, also known as Ceylon cinnamon, comes from the Cinnamomum Verum trees that are native to Sri Lanka. Cassia cinnamon is primarily grown in Indonesia. However, some does come from China, Burma, and Vietnam.

Indonesia happens to be both the top cinnamon supplier and exporter, with \$223.58K tons in total production volume, and \$193.4M export value.

Cinnamon pairs really well with apples, bananas, and vanilla.



#19 Lacuma

Lacuma is a superfood that comes from the Pouteria lacuma tree, grown in South America. Lacuma powder is commonly used in smoothies and is often used as a natural sweetener.

It's rich in antioxidants and is thought to be a much healthier sweetener option than traditional sugar since it contains complex carbs.

Complex carbs are less likely to spike blood sugar like refined and processed carbohydrates commonly found in refined sweeteners.

Try adding lacuma powder to any of your smoothies that you would normally sweeten. It may do just the trick to add a touch of sweetness, while also packing in added health benefits.



#20 Matcha

Matcha powder comes from matcha green tea and is loaded with antioxidants. It may also help boost metabolism, may help promote natural detox, and can help add a boost of vitamin C, zinc, and magnesium to your smoothies.

This superfood comes from the tea plant *Camellia sinensis* and originates from two Japanese regions, Uji and Nishio. Currently the top matcha green tea supplier is Vietnam.

The leaves are shaded from light for three weeks to help boost the production of chlorophyll, giving it its vibrant green color.

You can make a matcha green tea smoothie with matcha green tea powder, almond milk, a frozen banana, and pineapple for a refreshing beverage.

Supercharge Your Smoothies

There you have it, 20 delicious and highly nutritious superfoods. If you focus on adding a handful of these foods to your diet weekly, you will be well on your way to supporting optimal health.