

by Buffy Ellen • 4 Comments

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We're going a bit left-field this week. That's right, down into the murky depths of the superfood underworld. I had initially planned on slowly weaning you into my various superfood loves, but a bunch of lemons and limes languishing in my fruit bowl this week meant that a fast track pass to advanced stage [Lucuma](#) was required.

So Lucuma, what the heck is that I hear you cry? Lucuma, pronounced *loo-koo-ma*, is an exotic Peruvian fruit that looks a little like a nashi pear crossed with a mango. It has a delicious creamy citrus flavour with a hint of maple and a dash of sweet potato (NZ kumara). It's sometimes called the "eggfruit" in English, due to the texture of the fruit's flesh, which is quite dry like a hard-boiled egg yolk.

Lucuma is known by the local people of Peru as the "Gold of the Incas", and has been cherished for centuries, both as a staple food source, and a religious offering associated with fertility. Today, the fruit still plays a big part in contemporary Peruvian celebrations, and is the most popular flavour of ice cream in the country! The fruit is so well loved by the locals, there are even 26 villages named after it.

So how do we, the non-Peruvians on the other side of the world, get to experience this delectable fruit, without racking up a ton of food miles in transit? Lightweight, raw, delicately dehydrated powder is how, thanks to one of our favourite foodie teams, [Loving Earth](#). The lucuma fruit are dried at low temperatures retaining all their vital nutrients, and then milled into a superfine powder ready for us to explore.

Here are 10 great reasons you should try out [Lucuma](#) today:



### 1. NATURAL LOW GI SWEETENER

Given it's fruity flavour, [Lucuma](#) can be used as a natural low GI sweetener. This makes it **safe for diabetics, and great for the rest of us to help stabilise blood sugar** (critical for all bodily cell function), and even out energy levels. It can be substituted for regular sugar in a 2:1 ratio (2 Tablespoons Lucuma for every 1 Tablespoon sugar).

### 2. RICH IN ANTIOXIDANTS

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