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Until recently, blueberries have taken the star role in many morning "smoothies" due to their great taste, high fiber content, and ability to battle disease and aging. However, a recent import from Brazil, Acai (pronounced "ah-sigh-ee") is quickly taking over blenders as the new superfood of choice. Acai is the fruit from a special palm tree that grows in the Amazon rainforest and tastes like a cross between blackberries and chocolate.

It has been a staple for the Indians that live there for hundreds of years, and they call the tree that bears this small purple fruit "the Tree of Life." The fruit contains a large pit, so it is necessary to crush the skins and puree them in order to extract the juice. This thick puree was traditionally used as a sauce to put over grains and fruit, or it was mixed with water and sugar to create an energizing beverage. Today, everyone from gourmet chefs to health food aficionados are hooked on this luscious purple puree, and its availability is increasing rapidly.

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All of this adds up to quite a few reasons why to incorporate this new found superfood into your daily routine.