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Cooking with Mesquite Powder

Discover the Flavour and Health Benefits of Mesquite Powder



If you've been looking to add a great new flavour to your culinary repertoire, then you definitely need to check out Mesquite. Sometimes referred to as algorroba, Mesquite powder gives a nutty, sweet, honey-like flavour, and can be used in all kinds of cooking—grilling, tea time, baking—while infusing your foods with its health benefits, too.

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Health Benefits of Mesquite Powder

Ever asked yourself, “What is Mesquite powder, anyway?” Well, Mesquite is actually a leguminous desert plant that is commonly found in places like California, Texas, Utah, Kansas, Northern Mexico, and Peru. In traditional cultures, people use it to make a sweetener like honey or as flavouring for food. They also use Mesquite pods, leaves, and bark to make antiseptic solutions, antibacterial wound treatments, or eye drops; and harvest the pulp for creating fabrics. As is common in indigenous cultures, every part of the tree is consumed to its fullest.

Today, scientists have been able to verify that Mesquite has several health benefits as well, including:

- High vitamins and mineral content
- Blood sugar level stabilization properties, which may aid in preventing diabetes
- High fiber content (when bean flour is used)
- Bio-available protein that’s low on the glycemic index

In addition to providing health benefits, Mesquite can be very sustainably cultivated. Where grown natively, it requires no additional irrigation, chemicals, or fertilizers. It can even help fight against desertification, thereby providing a sustainable way for indigenous people to earn a living without damaging the planet by harvesting trees for coal fuel.

How to Use Mesquite Powder



Photo credit: Flickr –JillWillRun / Connoisseur 4 The Cure/ prideandvegudice / Aristocrat

So what are the keys for how to use Mesquite powder in your every day life? Here are some ideas to inspire you:

1. **Bake with Mesquite powder:** Substitute Mesquite powder for up to half of the regular flour in regular baking recipes, while simultaneously reducing sweeteners like sugar. You can also use the flour to make sauces with the same benefits.

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2. **Create raw snacks:** Create raw or flourless snacks. One option is to blend together things like dried fruits and nuts and mix in Mesquite powder, then roll the mix into balls for a healthy, high-fiber, low-sugar snack.
3. **Use Mesquite powder as a flavouring:** Sprinkle Mesquite powder on roasted vegetables, baked nuts, or your favourite barbeque recipe.
4. **Make beverages with Mesquite powder:** Mix Mesquite powder into beverages like smoothies or hot chocolate. The flour will lend a sweet flavour while providing its fiber for the blood sugar stabilizing benefits. You can also use Mesquite to make a delicious tea.

These are just a few of the ways you can add Mesquite powder into your regular diet to enjoy its sweet benefits. Buen provecho!

Limited Time Offer!

Try fair trade-sourced Mesquite powder straight from Peru with this week's ethicalDeal: **Stock up and save \$5/bag with a purchase of 3 bags of organic Peruvian mesquite powder** from Quinoa Peru Foods. Conveniently delivered to your door via Canada Post. Special offer only available until September 13, 2013. Get it before it's gone!



About the author:

Maryruth has been seeking the keys to environmental justice—both at home

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and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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