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Here I am with another great product for you. Lately I feel like I have been a party to a really great trend. The trend in healthy food products – products that are 100 % natural without fillers, corn syrup, propylene glycol, artificial sweeteners and other what I like to refer to as “food crap” that companies like to pass off as actual food ingredients. This is especially hard to achieve when it comes to fruit juices.

Go to any convenience store or supermarket and grab the first juice you see, and likely one of the above ingredients will figure into the equation. Much to my dismay. So when I was contacted to do a product review for Genesis Today, a line of superfruit juices, the first question on my mind is what's in it? Amazingly nothing but juice and some citric acid. So why drink something like a Boost Juice? Well Superfruits are big these days, and it is not because they have exotic names like Açai and Goji, but because they are powerful antioxidants.

Genesis Today knows this, but also knows that some people are turned off by the sometimes bitter taste of the pure superfruit juice, so they have created these Boost juices in order to address that concern by mixing the highest potency of active superfruit ingredient levels with juices like pear, strawberry, dragonfruit and prickly pear to make it taste better. Not only this, but the superfruits are wild harvested.

There are four flavors. Happy Boost with 24,000 mg of Goji Juice per serving. Goji is nicknamed the “happy berry” it is a red berry from Asia, notably the Himalayas, that has been used for 4,000 years to support



positive moods. It provides vitamins A, B, C and E and also provides 21 trace minerals, including germanium, a rarity in foods. In this drink, Goji is mixed with pomegranate and cherry juices, also strong antioxidants. This juice is better than the Goji Juice that is being sold through the multilevel marketing technique because it does not contain the same preservative that is in that juice, a preservative that seems to not be good for the body.

So what does Goji taste like? Kind of like a less tart cranberry.

Inner Boost is made with 10,000 mg of Noni Juice. Noni is a fruit that comes from the South Pacific and has been used for 2,000 years as a natural cleansing and digestion tonic. It provides vitamins, nutrients and other minerals like Vitamin B3, Folic

Acid, Vitamin E, Magnesium, Potassium and Zinc. This juice is mixed with the juice of strawberries and raspberries.

So what does Noni taste like? To me, it was reminiscent of pineapple.

Youth Boost, made with 10,000 mg of Mangosteen Juice was my personal favorite. Mangosteens are native to southeast Asia and they are most unusual looking fruits. It has been used for 2,000 years to support healthy aging, joint health and immune function. Mangosteen has the highest rate of ORACs (Oxygen Radical Absorption Capacity) which is used to measure the total antioxidant potency of foods and nutritional supplements by the US Dept of Agriculture. There is good research to support that mangosteen does in fact boost the immune system function. This juice

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is blended with dragonfruit, pear and star gooseberry juices.

So what does Mangosteen taste like? Nothing like mangoes, as its name suggests. Instead like, really ripe and very sweet blackberries, with an almost banana-ish backnote.

Beauty Boost made with 10,000 mg of Açai Juice was Roberto's favorite. Açai grows wild in the Amazon and have been eaten by the natives there for over 1,500 years. These small purple berries are good for healthy skin, cardiovascular health and has anti-aging properties. Açai contains over 3.5 times the Anthocyanin levels of red wine and provides 21 essential and non-essential amino acids – the building blocks of life. This juice is paired with black currant and blueberries - two more great antioxidants.

So what does Açai taste like? A bit like pears – if you can imagine a pear berry, with a hint of vanilla.

I must admit when I received my sample pack in the mail, my mind immediately went to summer cocktails. So I went online to learn more and I found that there is a real trend in the market these days towards Superfruit cocktails. Marketing to people living a healthy lifestyle, it is like having your cake and eating it too. So I decided to play a little with some of the juices from Genesis Today to create some Superfruit cocktails of my own that we served with our fabulous Midsummer Night's Dream Dinner.

### 30 is the New 20 cocktail:

1 jigger of vanilla vodka  
2 jiggers of Youth Boost  
Fresh blueberries and raspberries as garnish



\*This cocktail is not only delicious but beautiful. It was the sweetest of the ones we made, but the vanilla vodka really brought out the flavor of the Mangosteen.

### The Fairest of Them All cocktail:

1 jigger of pomegranate vodka  
1 jigger of Beauty Boost  
1 TBS lemon juice  
Club soda or seltzer  
Fresh lemon wedge as garnish

Mix first three ingredients and then finish the glass off with club soda or seltzer. Garnish with a lemon wedge.

\*This is a super refreshing cocktail, and went especially good with our meal of seafoods.

We did not try cocktails with the other two yet, (there was only so much research we could do for one night!) But, methinks the next one to play with is the Inner Boost with Noni, I feel with its pineapple, south

pacific flair, it would be especially good over ice with a little rum. Any of these Juice Boosters would probably also taste great mixed with champagne or sparkling wine for Superfruit Spritzer.

A nice non-alcoholic cocktail is this: mix 1/4 of a bottle of each Booster into a superfruit juice cocktail. One bottle is equivalent nutrient and vitamin wise to a plate full of fruits and veggies. You could probably even do half of a bottle to a glass of iced tea for a nice fruited tea. Genesis Today also carries 100% Pure Superfruit Juices. These juices are gearing up to go nationwide soon, but you can find out more about them and how to get them on their website: [www.genesisistoday.com](http://www.genesisistoday.com)

**BOOST**



The Goodness of **Superfruits.**

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