

Lucuma

Lucuma is native to the dry subtropical Andean coastal valleys. It is one of the Lost Crops of the Incas who bestowed on this fruit nutritional value and spiritual power. Lucuma is highly nutritious and has an addictive, delightful aroma.

It is one of the oldest sources of human nutrition, dating before the times of the Incas. Lucuma is represented in pre-Incan ceramics and textiles unearthed in archaeological sites in Peru.

Lucuma is a sweet fruit, which historical sources say it was known as the “Gold of the Incas”. Lucuma Powder is a raw, gourmet, low-glycemic sweetener that creates a rich and creamy texture. It is very nutritious and has high levels of carotene, vitamin B3, carbohydrates, fibre, vitamins and minerals.

