



POTASSIUM PASSION passion fruit

Passion fruit contains vitamins A and C, as well as fiber and potassium. Potassium is important for heart health and can help you maintain a healthy blood pressure.

DID YOU KNOW?



- Passion fruit is a source of nonheme iron, or plant-based iron. The vitamin C in passion fruit can help your body absorb the iron better.
- Both the pulp and seeds are nutritious and can be eaten directly from the fruit.
- Passion fruit can vary from the size of a plum to the size of a grapefruit.
- The skin of the passion fruit is leathery and purple, and the fruit contains a yellow, jelly-like pulp packed with edible black seeds.

WELLNESS TIP

Aim for 10,000 steps each day. Wear an activity tracker that counts your steps and encourages you to take more!

SHOPPING, PREPARING AND STORING



- Look for a passion fruit that has wrinkled skin. This indicates that it is ripe.
- Refrigerate ripe passion fruit in a plastic bag for up to one week.
- To eat, cut the fruit in half and scoop out the pulp, discarding the bitter skin. The seeds can be eaten.

COOKING TIPS



- The pulp of the passion fruit makes a great topping for low-fat yogurt.
- Passion fruit is often made into jams or jellies.
- Try adding passion fruit to plain oatmeal for a tropical twist on breakfast.

PASSION FRUIT SMOOTHIE serves 2



- 3 passion fruits
- 1 cup peach, peeled, seeded and cubed
- 1 cup nonfat milk
- 1 tablespoon honey
- 1/2 cup nonfat plain Greek yogurt
- Ice, as needed

1. Cut open the passion fruit; scoop out the seeds and pulp. Over the blender, drain the juice using a cheesecloth or strainer.
2. Add the remaining ingredients to the blender and blend until smooth.
3. Serve immediately.

Recipe adapted from Brooks Tropicals, www.BrooksTropicals.com

Calories: 172; Total Fat: 0 g; Saturated Fat: 0 g; Total Carbohydrates: 33 g; Protein: 11 g; Sodium: 90 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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