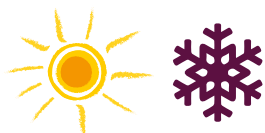
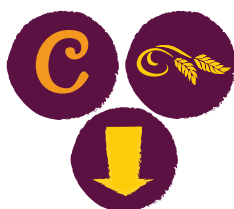


Aussie Passionfruit

FACTS & TIPS



Passionfruit peaks: Growers are experiencing a passionfruit peak with lots of fruit dropping off the vines this month. Australian-grown passionfruit is available year round but there are usually two main supply peaks – summer and winter.



Get passionate about health: One serve of passionfruit (two fruits) is a good source of fibre (5g), a source of vitamin C (11mg) and low in kilojoules.



Finish with passion: Make everyday meals special! Aussie passionfruit is a vibrant and delicious finishing touch on breakfast, lunch and dinner. Scoop passionfruit onto cereal, enjoy with yoghurt, pour onto pancakes, blend into a smoothie, drizzle on a sponge cake, add to ice cream, use as a tangy glaze for meats or use it on a cheese platter in place of quince paste.



Bag it: Keep your passionfruit in a plastic bag in the fridge and they'll last a month!



Pick plump: Go for plump and smooth fruit that's heavy for its size – it will have more pulp inside!



Passionfruit pro: Our farmers produce three main varieties of Aussie Passionfruit that are available in store – the purple Misty Gems and Sweethearts, and the large Panamas.

Aussie Passionfruit

FACTS & TIPS



Irresistible icy poles: For a tasty summer treat that will cool you down, freeze passionfruit pulp in ice trays or popsicle moulds.



Delectable drinks: Passionfruit pulp adds a tangy twist to beverages. Simply mix fresh passionfruit pulp, soda water and lime for a refreshing drink and add vodka to transform it into a cocktail!



Crack one open: Did you know you can open passionfruit with your bare hands? Place the passionfruit between your palms, clasp your fingers together and push your palms towards each other to break the passionfruit skin, then pry it open with your fingers. Watch out for the juice!



Gettin' juicy: Don't cut them in half, slice the top off and eat it like a boiled egg to avoid losing the juice.



Delicious dressing: Add passionfruit to a traditional balsamic and olive oil dressing for a tropical, tangy change. Mix one part passionfruit and one part balsamic with two parts olive oil in a jar, shake and season with salt and pepper.