FOOD FACTS

Pummelo

NUTRITION

▪ Pummelos contain 3 times the amount of potassium as a banana.
▪ One pummelo provides 4x the amount of vitamin C that you need in a day.

DYK

• The pummelo is native to Southeast Asia where it is a popular dessert.
• The citrus fruit is usually pale green to yellow when ripe and tastes like a sweet grapefruit.
• The pummelo is one of four original citrus species from which the rest of the citrus fruits were cultivated.
• It is the largest member of the citrus family and may also be called pomelo or a Chinese grapefruit.

PREPARATION & STORAGE

▪ Choose pummelos that are firm, thin-skinned and feel heavy. You can store pummelos in your refrigerator for up to one week.
▪ Try using a pummelo in a smoothie for a sweet treat!

Pummelo Green Smoothie

Ingredients:

| 1 each   | Pummelo peeled, segmented and deseeded |
| 10 each  | Strawberries                          |
| 1 each   | Banana                                |
| 2 cups   | Baby spinach                          |

Directions:

Add soft fruit to blender followed by the greens; add water for consistency. Blend on high for 30 seconds until smooth.