

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.
- o 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.

