

# Passion Fruit

## Look:

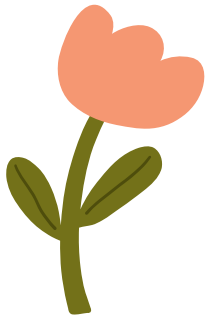
The small round fruit has a tough skin that wrinkles as it ripens and turns red gold or brownish-purple. There is a white and spongy, inedible edge surrounding a seed cavity which is called the pulp. The pulp is a mustard yellow color with small black edible seeds.

## Taste:

Passionfruit has an intense aromatic flavor that is sweet and tart with musky undertones

## Touch:

The outside skin can have a leathery, dimpled, and wrinkled consistency. The edible seeds are surrounded by a yellow to orange sack that is wet, slippery, and juicy.



Passion Fruit grows on flowering vines



## Did you know?

Passion Fruits are grown in warm and tropical parts of the world!



## Health Benefits

- **Boosts the immune system:** The high vitamin C content helps strengthen the body's defenses against infections.
- **Supports heart health:** Potassium and fiber contribute to healthy blood pressure and cardiovascular function.
- **Aids digestion:** Fiber promotes healthy bowel movements and digestion.
- **May help with anxiety and sleep:** Some studies suggest passion fruit may have sedative and anxiolytic properties.
- **May improve insulin sensitivity:** Compounds in passion fruit may contribute to better blood sugar control.