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Food of the Month

October: Passionfruit

- ◆ Passionfruit is fat free, cholesterol free, sodium free, low in calories and rich in vitamins and minerals.
- ◆ The pulp and seeds of passionfruit contain the most fibre. The fruit with pulp and seeds contains about 25 grams of fibre.
- ◆ Passionfruit is rich in the water soluble antioxidant, vitamin C, or ascorbic acid. This vitamin helps the body gain resistance against infectious agents and pro-inflammatory free radicals. One serving provides you with 100% of the recommended daily amount!
- ◆ Vitamin A and the flavonoid antioxidant, beta carotene, are found in high concentration in passionfruit. Vitamin A has antioxidant properties, supports good eye sight, healthy mucus membranes, and healthy skin.
- ◆ Non-heme (plant based) iron is found in passionfruit. Iron aids the body's absorption of vitamin C. Increased health benefits are found in this fruit because of the combination of iron and vitamin C.

Nutritional Information: per 100gr Passionfruit

Calories	97
Protein	2.2g
Carbohydrate	23g
Fat Total	0.7g



RECIPE:

Passionfruit Protein Mousse

- 1 cup passion fruit pulp
- 1 (13.5oz) can coconut milk, full fat (chilled in the fridge overnight)
- 1 teaspoon vanilla extract
- 2 frozen bananas, peeled
- 1 Tablespoon coconut oil
- ¼ teaspoon almond extract
- ½ cup vanilla protein powder

Directions

Chill the can of coconut milk in the fridge overnight. Do NOT shake the can up at all! Carefully turn the can over and open from the bottom. Drain out the liquid and scoop the white cream into a food processor. Discard the liquid.

Throw all of the ingredients into a food processor. Blend on high until creamy. Enjoy chilled.

Serves 6.