

What's in my box?

**ESSENTIAL GUIDE TO
YOUR EXOTIC FRUIT**

DISCOVER MORE FRUIT MAGIC
www.goodhillfarms.com

HOW TO EAT
RIPENING TIPS
HEALTHY RECIPES





YOUR FRUIT

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YOUR FRUIT

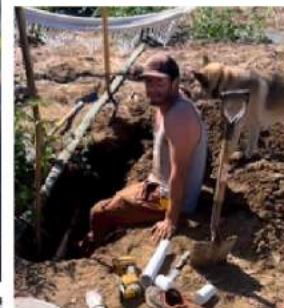
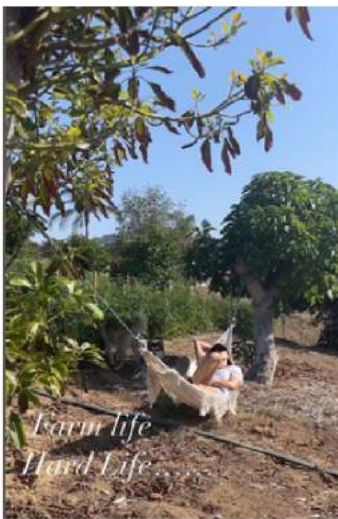
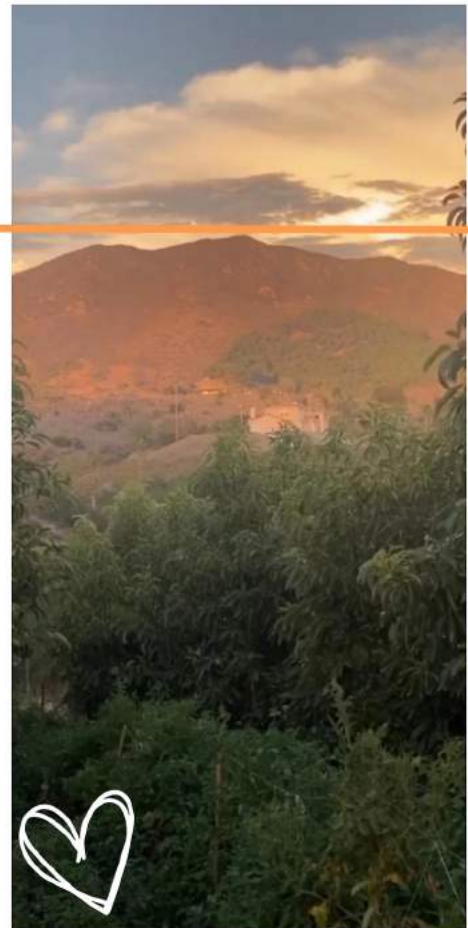
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FROM GOOD HILL FARMS

Hi! We're a friends & family owned subtropical fruit farm in sunny Fallbrook, CA.

With over 10 farming generations between us, we know a thing or two about fruit!

Think of us as a trusted sherpa for your exotic fruit adventures - ready to help as needed 😊



REED AVOCADO



WHAT'S IT LIKE?

Avocado is all about creamy goodness with a hint of buttery and nutty flavors. Unlike most fruits, it's rich in healthy fats. When it's perfectly ripe, its texture becomes smooth and velvety.



HOW TO RIPEN?

Let it ripen at room temperature until the skin deepens in color and gently yields when you press it with your fingers. You can also place it in a paper bag with a banana to speed up the ripening process.



HOW TO EAT?

Cut in half and remove the seed. Scoop out the flesh with a spoon or slice it for various dishes. Enjoy avocado in salads, on toast, or as a base for guacamole and spreads. Remember, the skin is not meant to be eaten.

Avocados contain a high amount of heart-friendly fatty acids, making them a healthy alternative to butter and processed spreads that are loaded with saturated fats.

BLOOD ORANGE



WHAT'S IT LIKE?

Blood Orange is a citrus fruit with a distinctive crimson to deep red flesh. The outer skin can range from orange to reddish hues. The flavor is similar to other oranges, but with a unique raspberry undertone.



HOW TO RIPEN?

Blood Oranges are typically harvested when mature, and they do not undergo significant ripening after picking. Look for a firm and heavy fruit with a red hue or hints of crimson. They can vary widely on much dark red color shows in the flesh and skin.



HOW TO EAT?

To enjoy Blood Oranges, cut them in half, and squeeze the juice or use a knife to separate the segments. The vibrant red or pink juice is often used in beverages, salads, and desserts.

Blood Oranges are rich in vitamin C and antioxidants. They contribute to immune system support and overall health. The pigments responsible for the red color, such as anthocyanins, may offer additional health benefits.

CAVIAR LIME



WHAT'S IT LIKE?

A small, elongated citrus fruit, celebrated for its unique caviar-like pearls of tangy juice. It varies in color, from green and yellow to brown to purple. The flavor is a burst of citrusy zest, slightly less sour than traditional limes, making it a sought-after ingredient in gourmet cooking



HOW TO RIPEN?

Caviar limes are harvested when ripe, displaying a vibrant color and firm texture. Unlike some fruits, they don't undergo a post-harvest ripening process, so they are ready to use once picked. Ensure the fruit feels firm and the beads inside are intact when cut open.



HOW TO EAT?

To enjoy the caviar lime, slice the fruit either width-wise or lengthwise. You can then squeeze the halves to release the citrus pearls, or use a small spoon to scoop them out. These flavorful pearls are perfect as a garnish or flavor enhancer in various dishes.

Caviar lime is rich in Vitamin C, offering antioxidant benefits. It's also a good source of dietary fiber, aiding in digestion, and contains potassium, supporting heart and muscle functions.

CHERIMOYA



WHAT'S IT LIKE?

Cherimoya flesh is creamy, white, with a sweet & complex tropical flavor, often described as a mix of banana, pineapple, and strawberry. Its texture is smooth and custard-like, earning its nickname 'The Ice Cream Fruit'.

HOW TO RIPEN?

Cherimoya is a delicate fruit, especially when it's ripe. Store it in a shaded spot at a cool room temperature until it becomes slightly soft and its skin begins to brown. As it ripens, you'll notice a pleasant fragrance. To know when it's ready, gently press the skin – it should yield a bit, much like a ripe avocado. Refrigerate to preserve it at your desired stage of ripeness.



HOW TO EAT?

Slice a ripe fruit in half and scoop out the creamy white flesh with a spoon. Avoid the large black seeds! They are bitter and not good for you. Cherimoya is the healthy treat to start your day or, try turning it into actual ice cream!



Cherimoya is a low-fat fruit that provides fiber and numerous micronutrients. The fruit is an excellent source of vitamin C and vitamin B6.

YELLOW DRAGON FRUIT



WHAT'S IT LIKE?

Yellow Dragon Fruit is the sweetest dragon fruit, crisp and juicy. The interior is nearly see-through, and its seeds are bigger compared to other types.



HOW TO RIPEN?

Allow it to ripen at room temperature until the skin turns bright yellow and soft. Your fruit is perfectly ripe when the skin turns soft to gentle pressure. Ripen and store on a shaded countertop, or in the refrigerator once desired ripeness is achieved.



HOW TO EAT?

Cut it in half and scoop out the juicy flesh with a spoon. It's delightful as is or added to various dishes, both sweet and savory. Remember that the skin is not edible!

Like all dragon fruit varieties, it is packed with vitamin C for cell protection and dietary fiber for digestion. With its added sweetness, yellow dragon fruit serves as an energizing snack.

RED DRAGON FRUIT



WHAT'S IT LIKE?

Red dragon fruit perfectly blends sweet & earthy flavors like pear and kiwi. Its crisp texture resembles a water-rich melon, and the tiny edible black seeds offer a subtle crunch.



HOW TO RIPEN?

Allow it to ripen at room temperature until the skin turns red and soft. Your fruit is perfectly ripe when the skin turns soft to gentle pressure. Ripen and store on a shaded countertop, or in the refrigerator once desired ripeness is achieved.



HOW TO EAT?

Cut the fruit in half and scoop out the flesh with a spoon. Remember that the skin is not edible! Try it in salads, smoothies, fruit bowls, or as a topping for yogurt and ice cream.

Red dragon fruit is packed with antioxidants that protect your cells. It's a fat-free snack that supports good gut bacteria, boosts your immune system, and contains iron for overall health.

WHITE DRAGON FRUIT



WHAT'S IT LIKE?

Delicate sweetness with a tropical essence. Crispy white dragon fruit is refreshing and subtly flavorful. It offers a slightly earthy flavor and is less sweet compared to other dragon fruit varieties.



HOW TO RIPEN?

Allow it to ripen at room temperature until the skin turns red and soft. Your fruit is perfectly ripe when the skin turns soft to gentle pressure. Ripen and store on a shaded countertop, or in the refrigerator once desired ripeness is achieved.



HOW TO EAT?

Cut the fruit in half and scoop out the flesh with a spoon. Remember that the skin is not edible! It is extremely popular in Asian cuisine and is often served as a fresh summer snack or as a palate cleanser between meals.

White dragon fruit offers vitamin C for cell protection and dietary fiber for digestion. It's low in calories, hydrating, and contains essential vitamins and minerals.

PINK GUAVA



WHAT'S IT LIKE?

Pink guava is an incredibly sweet fruit with a touch of floral notes. It has been often compared to a mix between a pear and a strawberry. As guava ripens, it becomes even sweeter.



HOW TO RIPEN?

Allow it to ripen at room temperature until it turns soft and gives slightly when pressed. Similar to pears, some prefer to eat guava crunchy while others prefer soft. You can also place it in a paper bag to speed up the ripening process.



HOW TO EAT?

Cut it in half and scoop out the juicy flesh with a spoon. The entire fruit is edible, including the skin and the seeds. Enjoy as a delightful snack or in recipes.

Guavas are an excellent source of vitamin C, offering three times your daily requirement in just one serving.

WHITE GUAVA



WHAT'S IT LIKE?

Like all guavas, this variety is compared to a mix between a pear and a strawberry. It is sweet and aromatic with hints of citrus and floral notes. However, White Guava contains more sugar and its texture can be more starchy.



HOW TO RIPEN?

Allow it to ripen at room temperature until it turns soft and gives slightly when pressed. Similar to pears, some prefer to eat guava crunchy while others prefer soft. You can also place it in a paper bag to speed up the ripening process.



HOW TO EAT?

Cut it in half and scoop out the juicy flesh with a spoon. The entire fruit is edible, including the skin and the seeds. Enjoy as a delightful snack or in recipes.

White guavas offer fiber for digestion, potassium for fluid balance, and loads of vitamin C for immunity and inflammation reduction.

JUJUBE



WHAT'S IT LIKE?

Jujube is a unique fruit known for its sweet and crisp flesh. It ripens further into a date-like texture, with a wrinkled appearance, sweeter flavor, and a reddish-brown skin. The flavor is a delightful combination of sweet and tangy, often described as reminiscent of apples.



HOW TO RIPEN?

Allow the jujube to ripen at room temperature. As it ripens, the skin will transition from green to a deeper red or brown, and the fruit will become softer and chewy. Much like a pear, you can choose to eat it 'crispy' or 'soft'.



HOW TO EAT?

You can eat it fresh, directly off the tree or after further ripening. Simply bite into the fruit, removing the seed. Jujubes can also be dried, resembling chewy candies, and used in various recipes such as desserts, jams, or added to teas.

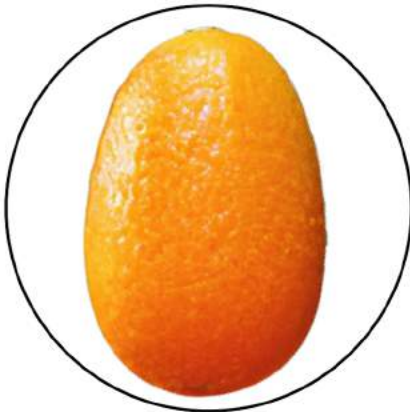
Jujubes are rich in antioxidants, vitamins, and minerals. They are known to contain high levels of vitamin C, which can boost the immune system. Additionally, they are a good source of fiber for digestive health.

KUMQUAT



WHAT'S IT LIKE?

Kumquat is a small citrus fruit with an edible peel and a sweet-tart flavor. The fruit is oval or round in shape, resembling a miniature orange. The skin is typically sweet, and the flesh inside provides a burst of citrusy goodness.



HOW TO RIPEN?

Kumquats do not ripen in the traditional sense like some other fruits. They are typically harvested when fully mature and ready to eat. The peel is often sweet, and the fruit is enjoyed as is without the need for additional ripening.



HOW TO EAT?

Eat kumquats whole, including the peel. Simply wash them thoroughly and pop the entire fruit into your mouth. The contrast between the sweet peel and tangy flesh creates a unique and enjoyable taste.

Kumquats are rich in vitamin C, providing a boost to the immune system. Kumquats are a good source of fiber, supporting digestive health and their peels contain multiple essential oils.

LONGAN FRUIT



WHAT'S IT LIKE?

The juicy, honey-like sweetness and delightful aroma will elevate your mood with every bite. Sometimes characterized as "honey grape", longan fruit makes a mouth-watering and musky snack.



HOW TO RIPEN?

After harvesting, longan fruit won't ripen any further. It's a good idea to cool them promptly. Just be aware that they don't stay fresh for too long – store your longan fruit in the refrigerator, where it should last for about 5 to 7 days.



HOW TO EAT?

Peel the skin and enjoy the sweet, translucent fruit. Remove the seed in the center, and it's ready to eat. Remember that neither the seed nor the skin is edible.

Longan fruit, packed with iron, helps maintain a healthy heart. It also contributes to cognitive function, memory, and the nervous system.

LYCHEE



WHAT'S IT LIKE?

The tender and juicy texture of lychee will take your taste buds to a delightful tropical paradise. Compared to longan fruit, lychees offer extra sweetness and occasional hints of rosy fragrance.



HOW TO RIPEN?

After harvesting, lychees won't ripen any further. It's a good idea to cool them promptly. Just be aware that they don't stay fresh for too long – store your lychees in the refrigerator, where they should last for about 5 to 7 days.



HOW TO EAT?

Peel the skin and remove the seeds. Enjoy the tender and juicy flesh as a refreshing treat. Remember that neither the seed nor the skin is edible.

Rich in antioxidants, vitamin C, and potassium – lychees promote radiant skin and support overall wellness.

TOMMY ATKINS MANGO



WHAT'S IT LIKE?

Mango is sweet, juicy, and rich with a tropical essence, often described as "the king of fruits". Compared to other varieties, the sweetness of Tomy Atkins Mango is more subtle, whilst its flesh is firm and slightly fibrous.



HOW TO RIPEN?

Let it sit at room temperature until it turns fragrant and slightly soft. Ripen and store on a shaded countertop, or in the refrigerator once desired ripeness is achieved. You can also place it in a paper bag to speed up the ripening process.



HOW TO EAT?

Slice along the pit to separate the two halves. Score the flesh in a criss-cross pattern and push out the fleshy side to separate the chunks. Finally, cut the cubes away from the skin.

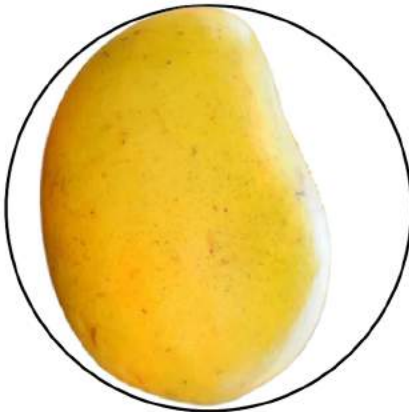
Brimming with antioxidants, vitamin C, and dietary fiber, these mangoes fortify your body, contribute to radiant skin, and support overall wellness.

HONEY MANGO



WHAT'S IT LIKE?

A small, golden-yellow mango with a thin skin that turns wrinkly and spotted as it ripens. It is typically smaller than other mango varieties. The flesh is velvety smooth, non-fibrous, and has a creamy texture, renowned for their sweet and rich flavor.



HOW TO RIPEN?

Ataulfo mangoes are harvested when mature, and they will ripen at room temperature. You can accelerate the ripening process by placing them in a paper bag. When fully ripe, the skin will wrinkle, the skin develops spots, and the fruit will give slightly when gently pressed.



HOW TO EAT?

To enjoy Ataulfo mango, cut it vertically along the flat seed in the center. Score the flesh in a crisscross pattern without cutting through the skin. Then, invert the mango, pushing the skin side up to expose the cubes.

Ataulfo mangoes are rich in vitamin C, vitamin A, and dietary fiber. They contribute to immune system support, vision health, and digestive well-being.

MANGOSTEEN



WHAT'S IT LIKE?

Mangosteen is known for its delicate and sweet white pulp, often compared to a blend of banana, lychee, and peach flavors. Its exterior is tough and purplish-brown, offering a unique contrast to its creamy, custard-like interior.



HOW TO RIPEN?

Look for a firm but slightly yielding skin upon gentle pressure. The color should be a deep purple, and the fruit should have a fresh-looking green-brown top. A ripe mangosteen will emit a sweet, floral scent. Unlike other fruits, its color doesn't change significantly during ripening.



HOW TO EAT?

Cut the mangosteen along the middle, gently pull apart the two halves, and use a fork or knife to extract the clove-shaped fruit pieces from the skin. The edible part is the white flesh inside, and the small seeds are also edible.

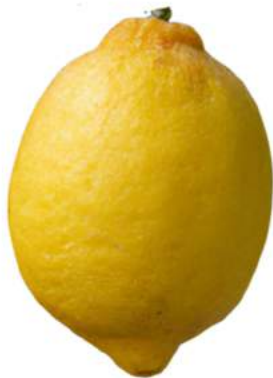
Mangosteen is rich in antioxidants and vitamin C, making it beneficial for boosting immunity and fighting inflammation. Its nutritional content supports overall health.

MEYER LEMON



WHAT'S IT LIKE?

Meyer Lemon is a unique citrus fruit, rounder and smaller than traditional lemons, with a thin, smooth, and bright yellow to orange-yellow skin. It has a sweeter and less tangy flavor compared to regular lemons, often with floral undertones highly prized by chefs.



HOW TO RIPEN?

Meyer lemons, like other citrus fruits, are typically harvested when they are near to fully ripe. Look for fruits with a vibrant yellow to orange color and a slightly glossy appearance.



HOW TO EAT?

Enjoy Meyer lemons by squeezing the juice into recipes, beverages, or over dishes to add a sweet and tangy flavor. Its floral zest, the outer colored part of the peel, can be used to enhance the aroma and taste of various dishes.

Meyer lemons are a good source of vitamin C, which supports the immune system and overall health. They also contain antioxidants and may provide various health benefits.

PASSION FRUIT



WHAT'S IT LIKE?

Passion fruit is both sweet and tart, filled with juicy pulp and tiny black seeds. Its unique taste is tangy with citrus notes and a touch of subtle sweetness, mostly found in the fleshy pulp. As it becomes more wrinkly, it also becomes sweeter.



HOW TO RIPEN?

Keep it at room temperature until it turns slightly wrinkled and gives slightly when pressed. You can also place it in a paper bag to speed up the ripening process. Store in the refrigerator once desired ripeness is achieved.



HOW TO EAT?

Cut in half and scoop out the juicy pulp with a spoon. You can also blend it for a delightful tropical drink. The seeds and pulp are edible but try to avoid the white pit.

It has lots of heart-friendly potassium and is low in sodium. When you eat it with the seeds, the fiber helps remove extra cholesterol from your blood vessels.

FUYU PERSIMMON



WHAT'S IT LIKE?

Fuyu Persimmon is a fruit with a unique, distinct shape: squat and round with a crisp texture, similar to a sweet apple, with cinnamon undertones. A fall favorite!



HOW TO RIPEN?

They can be enjoyed while still firm or left to ripen at room temperature until they reach the desired softness. Similar to a pear, enjoy crispy or let them ripen to a softer and sweeter state.



HOW TO EAT?

Simply wash, cut, and enjoy the fruit, skin and all, similar to an apple. If ripened to soft flesh, they are often used in baking and cooking. Remove any seeds before consumption.

Persimmons are a good source of dietary fiber, vitamins A and C, and various antioxidants. They contribute to digestive health, support the immune system, and may have other health benefits.

POMEGRANATE



WHAT'S IT LIKE?

Pomegranate is a unique fruit with a thick, leathery, and typically red or reddish-brown outer rind. Inside, the fruit is divided into compartments filled with juicy, ruby-red arils, which are the edible seeds encased in a translucent, sweet-tart pulp.

HOW TO RIPEN?

Pomegranates are harvested when they are mature and do not ripen further after picking. When selecting a pomegranate, choose one with a firm outer skin and a deep, vibrant color. The weight of the fruit is also a good indicator of juiciness.



HOW TO EAT?

To enjoy a pomegranate, cut off the crown (the flower end), score the outer skin, and gently break the fruit apart into sections. Hold each section over a bowl of water and gently tap the back with a wooden spoon to release the arils which are eaten whole.



Pomegranates are rich in antioxidants, particularly punicalagins and anthocyanins, which may contribute to heart health and have anti-inflammatory effects. They are also a good source of vitamin C, potassium, and dietary fiber.

POMELO



WHAT'S IT LIKE?

Pomelo is a large citrus fruit with a thick, green or yellow peel and a sweet and mildly tangy flavor. It is the largest citrus fruit, closely related to grapefruit with a thick, spongy rind. The flesh inside is white to pale yellow to bright pink.



HOW TO RIPEN?

Pomelos are harvested when fully mature, and do not significantly ripen after picking. When selecting a pomelo, look for one that is heavy for its size, has a firm skin, and a sweet citrus aroma.



HOW TO EAT?

To enjoy pomelo, cut off the top and bottom, score the peel, and peel away the thick skin to reveal the flesh. The individual segments can be easily separated, and the flesh can be eaten fresh. Remove any seeds as you eat.

Pomelos are rich in vitamin C and other antioxidants, contributing to immune system support and overall health. They also provide dietary fiber, aiding in digestion.

RAMBUTAN



WHAT'S IT LIKE?

Rambutan is a tropical fruit with a hairy exterior, related to lychee. The hairy skin is typically red with a rainbow of possible other colors mixed in. The fruit is oval-shaped. Once peeled, the translucent, juicy flesh has a sweet and tropical flavor, similar to a sweet exotic grape.



HOW TO RIPEN?

Rambutans are usually harvested when ripe, and they do not undergo significant ripening changes after picking. When selecting rambutans, look for a vibrant color, and choose fruits that feel plump and firm. The spines or hairs on the skin should be flexible but not dry or brittle.



HOW TO EAT?

To enjoy rambutan, cut through the skin around the middle, being careful not to cut into the seed inside. Gently twist the halves apart, revealing the flesh. The seed is not edible, so the flesh can be easily separated and eaten fresh.

Rambutans are a good source of vitamin C, providing immune system support and antioxidant benefits. They also contain other essential nutrients and may contribute to overall health.

STAR APPLE



WHAT'S IT LIKE?

Star Apple is a tropical fruit with a smooth, glossy, and green skin. When sliced horizontally, the fruit reveals a star-shaped pattern formed by the seed chambers. The creamy, white to purple pulp has a sweet and mildly floral tropical flavor.

HOW TO RIPEN?

Star Apples are typically harvested when mature, and they do not ripen significantly after picking. When selecting a star apple, look for fruits with firm skin, have a vibrant color, and feel heavy for their size. The skin may give slightly when pressed if the fruit is ripe.



HOW TO EAT?

To enjoy star apple, cut it horizontally to reveal the star-shaped pattern inside. The skin is not edible, so scoop out the pulp with a spoon or simply bite into it, being cautious of the seeds. Some people prefer to chill the fruit before eating!



Star Apples are a good source of vitamin C, providing antioxidant benefits and supporting the immune system. They also contain dietary fiber and other essential nutrients.

STARFRUIT



WHAT'S IT LIKE?

Its flavor is slightly sweet and sour, somewhat reminiscent of a blend between a ripe pear, green grape, and orange. The juicy and firm flesh, similar to a grape, can be eaten along with the waxy skin, making it an easy snack.



HOW TO RIPEN?

Ripen and store on a shaded countertop, or in the refrigerator once desired ripeness is achieved. Some people prefer to eat it yellow and crisp, whereas others wait until it turns brownish and becomes more tender. You can also place it in a paper bag to speed up the ripening.



HOW TO EAT?

Slice crosswise into star-shaped pieces and enjoy as a refreshing and eye-catching snack. The entire fruit is edible, including the skin and the seeds.

Starfruit in combination with certain prescription medications can increase their effective dosage within the body.

SUGAR CANE



WHAT'S IT LIKE?

Sugar Cane is naturally sweet, with flavors reminiscent of honey and a gentle floral touch. Enjoy as a pure and natural sweetener in beverages, or use the juice to create refreshing mocktails and cocktails.



HOW TO RIPEN?

After harvesting, sugar cane won't ripen any further. Store it in the refrigerator, or tightly enclose the ends of each stalk using plastic wrap and place them in the freezer. This technique prevents moisture loss and extends the lifespan of each cane.



HOW TO EAT?

You can either use a Sugar Cane juicer or eat it raw. Peel off the outer skin using a knife or peeler. Chew on the juicy flesh while sucking out the sweet liquid. Since the fibrous part is too tough to swallow, it's best to discard it.

Packed with minerals including calcium, phosphorus, magnesium, and potassium, sugar cane offers a healthy way to satisfy your sweet tooth.

WHITE SAPOTE



WHAT'S IT LIKE?

White Sapote have a green to yellowish skin and a creamy white, custard-like flesh. The fruit is round or oval and can range in size. They have a sweet and mild flavor, often likened to a combination of peach, pear, and vanilla.



HOW TO RIPEN?

White Sapote soften as they ripen, feeling like a ripe avocado where the skin gives to gentle pressure. Choose fruits that have a rich color and cut easily.



HOW TO EAT?

To enjoy White Sapote, cut it in half and remove the seeds. The flesh can be scooped out with a spoon and eaten fresh, like ice cream!

White Sapotes are a good source of vitamins and minerals, including vitamin C, potassium, and dietary fiber. They contribute to overall health and can be a tasty addition to a balanced diet.



AVOCADO AND MANGO GUACAMOLE

INGREDIENTS

- 3 ripe avocados
- 1 small red onion, finely diced
- 1-2 tomatoes, diced
- 1-2 cloves of garlic, minced
- Juice of 1-2 limes
- Fresh cilantro, chopped
- Salt and pepper
- ½ cup diced mango

PREPARATION

- Mash avocados in a bowl.
- Mix in onion, tomatoes, and garlic.
- Add lime juice, cilantro, salt, and pepper.
- Add cayenne or hot sauce if desired.
- For a twist, add diced mango.
- Mix well, adjust seasonings, and enjoy with chips or as a topping.



SERVINGS

4



TIME

15

MINS



KCAL./SERVING

150



BREAKFAST PARFAIT

INGREDIENTS

- 1 ripe yellow dragon fruit, diced
- 1/2 mango, diced
- 1 cup Greek yogurt
- 2 tablespoons honey or maple syrup
- Granola for layering

PREPARATION

- In a bowl, mix the Greek yogurt with honey or maple syrup for a sweetened base.
- In serving glasses, layer the yogurt, yellow dragon fruit and mango cubes, and granola.
- Repeat the layering until the glasses are filled.



SERVINGS

2



TIME

15

MINS



KCAL./SERVING

250

CHERIMOYA SORBET

INGREDIENTS

- 2 medium cherimoya (approx. 10-15 oz), peeled and seeded
- 1 tbsp honey
- 1 tbsp lime juice
- 1/4 cup water

PREPARATION

- Blend cherimoya, honey, lime juice, and water until smooth.
- Freeze the mixture in a container for 4+ hours.
- Serve & enjoy your naturally sweet and creamy Cherimoya Sorbet!



SERVINGS

2



TIME

10

MINS



KCAL./SERVING

150





LONGAN PANNA COTTA

INGREDIENTS

- 1 cup fresh longan fruit, peeled and deseeded
- 1 cup coconut milk
- 1/4 cup sugar
- 1 tsp gelatin powder
- Fresh mint leaves for garnish

PREPARATION

In a saucepan, heat coconut milk and sugar until the sugar dissolves. Sprinkle gelatin over the mixture and stir until fully dissolved. Pour the mixture into small cups or molds, adding longan fruit to each. Refrigerate for at least 2 hours until the panna cotta sets. Garnish with fresh mint leaves before serving.



SERVINGS

4



TIME

15
MINS



KCAL/SERVING

200

LYCHEE SMOOTHIE



INGREDIENTS

- 1 cup fresh lychee flesh, peeled and seeded
- 1/2 cup coconut milk
- 3 strawberries
- 1/2 cup Greek yogurt
- 1 tsp honey (optional)
- Ice cubes

PREPARATION

- Blend lychee flesh, coconut milk, Greek yogurt, and honey (if desired) until smooth and creamy.
- Pour the lychee coconut smoothie into a glass over ice cubes.



SERVINGS

1



TIME

5

MINS



KCAL./SERVING

150



MANGO CHIA PUDDING

INGREDIENTS

- 1 ripe mango, peeled and diced
- 1 cup coconut milk
- 2 tbsp chia seeds
- 1 tsp honey (optional)

PREPARATION

- Blend half of the diced mango with coconut milk until smooth.
- In a bowl, combine the mango-coconut mixture with chia seeds and honey (if desired).
- Refrigerate for at least 2 hours or until the chia pudding thickens.
- Top the Mango Coconut Chia Pudding with the remaining diced mango before serving.



SERVINGS

2



TIME

5

MINS



KCAL./SERVING

200

PASSION FRUIT SMOOTHIE BOWL

INGREDIENTS

- 3 ripe passion fruits
- 1 frozen banana
- 1/2 cup Greek yogurt
- 1/4 cup almond milk
- 1 tbsp honey
- Fresh berries and granola for topping

PREPARATION

- Cut the passion fruits in half and scoop out the pulp into a blender.
- Add the frozen banana, Greek yogurt, almond milk, and honey to the blender.
- Blend the ingredients until smooth and creamy.
- Pour the passion fruit smoothie into a bowl.
- Top with fresh berries and granola for added texture and flavor.



SERVINGS

2



TIME

5

MINS



KCAL./SERVING

200



PINK GUAVA SALSA

INGREDIENTS

- 2 ripe pink guavas, peeled and diced
- 1/4 cup red onions, finely chopped
- 1 jalapeno, seeded and finely chopped
- 2 tbsp fresh cilantro, chopped
- 1 lime, juiced
- Salt and pepper to taste

PREPARATION

- In a bowl, combine diced pink guavas, red onions, jalapeno, and cilantro.
- Squeeze lime juice over the mixture and toss gently to combine. Season with salt and pepper to taste.
- Serve the Pink Guava Salsa with tortilla chips or as a topping for grilled meats.



SERVINGS

2



TIME

10
MINS



KCAL./SERVING

50



RED DRAGON FRUIT SALAD

INGREDIENTS

- 1 ripe red dragon fruit (pitaya)
- 1 cup mixed greens (e.g., baby spinach, arugula, and kale)
- 1/4 cup crumbled feta cheese
- 1/4 cup toasted sliced almonds
- 2 tbsp balsamic glaze
- Fresh mint leaves for garnish
- 1 orange, sliced

PREPARATION

- Cut the red dragon fruit in half and scoop it out. Dice the flesh into bite-sized pieces.
- In a salad bowl, combine the mixed greens, diced red dragon fruit, and orange slices.
- Sprinkle the crumbled feta cheese and toasted sliced almonds over the salad.
- Drizzle balsamic glaze over the ingredients.



SERVINGS

4



TIME

15
MINS



KCAL./SERVING

120



SMOOTHIE BOWL

INGREDIENTS

- 1 ripe white dragon fruit, peeled and diced
- 1/2 cup frozen strawberries
- 1/2 cup coconut milk
- 1 tbsp honey (optional)
- Ice cubes

PREPARATION

- Blend dragon fruit, frozen strawberries, coconut milk, and honey (if desired) until smooth and creamy.
- Pour the dragon fruit smoothie into a bowl over ice cubes.
- Top with your favorite fresh fruits and nuts.



SERVINGS

1



TIME

5

MINS



KCAL./SERVING

150



STARFRUIT SALAD

INGREDIENTS

- 2 ripe star fruits (carambola)
- 1 cup fresh pineapple chunks
- 1 cup fresh strawberries, sliced
- 1 tablespoon honey or agave syrup
- Fresh mint leaves for garnish

PREPARATION

- Wash the star fruits and slice them into thin, star-shaped pieces.
- In a mixing bowl, combine the star fruit slices, fresh pineapple chunks, and sliced strawberries, drizzle honey or agave syrup over the fruit.
- Garnish the salad with fresh mint leaves.



SERVINGS

2-3



TIME

10
MINS



KCAL./SERVING

90



SUGAR CANE LEMONADE

INGREDIENTS

- 1 medium-sized sugar cane stalk
- 4 cups water
- 1/2 cup freshly squeezed lemon juice
- 1/4 cup honey or sweetener of choice (adjust to taste)

PREPARATION

- Blend peeled sugar cane with water, strain juice.
- Add lemon juice, honey (optional), and chill.
- Serve over ice with lemon slices.



SERVINGS

2-3



TIME

20

MINS



KCAL./SERVING

100



WHITE GUAVA SALAD

INGREDIENTS

- 2 white guavas, diced
- 1 orange, sliced
- 1/4 cup feta cheese, crumbled
- 1 lime, juiced
- 1 teaspoon honey (optional, for sweetness)

PREPARATION

- Combine the diced white guava and orange slices
- Crumble feta cheese on top of the mixture.
- Drizzle the juice of one lime over the salad. Add one teaspoon of honey for a touch of sweetness.
- Gently toss all the ingredients together until evenly coated.



SERVINGS

2



TIME

10

MINS



KCAL./SERVING

100