



Know-how for Horticulture™

PAPAW POPSICLE



Ingredients

Makes: 8

- 1 1/2 cups chopped papaw (or papaya), deseeded and peeled
- 1 cup orange juice
- 2 passionfruit, deseeded

Method:

- In a blender or food processor, puree the papaw with the orange juice until smooth.
- Stir the pulp from the 2 passionfruit through the mixture.
- Pour into 8 1/3 cup capacity Popsicle moulds,
- insert Popsicle sticks and freeze for at least 3 hours.

Ends