Pippa the Pineapple

It's June and we are really excited to introduce our new Superhero fruit of the month!

Can you guess who I am?

Who Am I?

- I am a sweet, juicy, tropical fruit with spiky diamond patterns on my skin and I wear a crown of green pointy leaves on my head.
- I resemble a pine cone, which is how I got the name ‘pineapple’



Did You Know?

- It can take up to 3 years for a pineapple plant to bear fruit
- Unlike many other fruits that change colour as they ripen, pineapples do not ripen after being picked
- A pineapple is not a pine or an apple. Its actually a berry!
- In the 17th and 18th century, pineapples were a symbol of wealth and status due to their exotic appearance

Where Can You Find Me?

- Pineapples are tropical fruits, which means they grow in warm tropical climates such as Hawaii, Mexico and South America
- When buying pineapples look for a greenish-yellow exterior. You can even smell the base of the pineapple for a sweet smell indicating perfect ripeness.
- Pineapples do not grow on a tree or underground. They actually grow above ground on top of a bush of spiky leaves.

Why You Should Eat Me?

First of all I taste delicious but best of all!

- I am a great source of ***Vitamin C*** which helps boosts your immune system and helps cuts heal
- I am high in ***fibre***. This helps you digest food
- I contain different ***B vitamins,*** which help your body process energy from food

Fun Ways to Eat Me

Iama great snack especially for lunchboxes but I can also be added to curries or as a topping for pizza to add some sweetness to your recipes!

Turn over for a cool recipe!

LOW PROTEIN RECIPES

REFRESHING PINEAPPLE SMOOTHIE



Ingredients:
Serves 1

- 150g pineapple
- 1 small banana
- 1 lime, freshly squeezed
- 50ml cold water
- Ice (optional)

Exchange Free !

Method

1. Blitz the pineapple in a blender with the banana, lime juice and 50ml cold water until smooth.

2. Fill a tall glass with ice, if you like, pour over the smoothie and serve immediately.