

Weird and Wonderful this Summer

Passion Fruit & Leek

Health Benefits of Passion Fruit

- ✓ Low in calories (97 calories/100g)
- ✓ Contains vitamin C, vitamin A, niacin, potassium, iron, and calcium
- ✓ Contains carotenoids & polyphenols which are cancer-fighting antioxidants



Toasted Bananas with Passion Fruit and Yogurt (Serves 2)

Ingredients:

- 3 firm bananas
- 2 tbsp. brown sugar
- 1 tbsp. butter
- ½ low fat Greek yogurt
- pulp from 2-3 passion fruits

Directions:

1. Preheat the broiler to low. Line a baking tray with foil.
2. Slice the bananas in half, length-wise. Spread the butter over the cut side. Place the bananas, cut side up, on the baking tray.
3. Sprinkle bananas with brown sugar. Broil for 4 minutes then gently turn bananas over the broil for another 4 minutes or until golden and soft.
4. Divide bananas equally amongst two serving dishes.
5. Top with vanilla yogurt and passion fruit pulp.

Health Benefits of Leeks

- ✓ Low in calories (54 calories/cup)
- ✓ High in vitamin K, vitamin A, manganese, and folate
- ✓ High concentration of the antioxidant, polyphenols

Butternut Squash Leek Soup (Serves 4)

Ingredients:

- 2 tbsp. extra virgin olive oil
- 2 tbsp. unsalted butter
- 1/2 medium yellow onion, finely diced
- 2 large leeks
- 2 cloves of garlic, finely minced
- 3 sprigs fresh thyme, finely chopped
- 2 lbs. chopped butternut squash
- 4 cups low-sodium chicken or vegetable broth
- kosher salt
- black pepper
- 1 tsp. squeezed lime juice

Directions:

1. Heat the olive oil and butter in a large pot over medium-low heat. Add onion, leeks, salt, cover, and sauté for 8-10 minutes until they're soft and translucent. Add garlic and thyme, uncover, and sauté for another 2 minutes.
2. Add the butternut squash chunks and sauté for another 2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low and simmer (uncovered) for 20-30 minutes.
3. Transfer soup to blender and puree until smooth. Return soup to pot and simmer for another 10-15 minutes or until it has slightly thickened. Season with salt and pepper and add lime juice.

(Source: A Beautiful Plate)