

The Easy Way to Cut Up a

# Passion Fruit



## TOOLS NEEDED

Sharp Knife  
Tablespoon  
Cutting Board



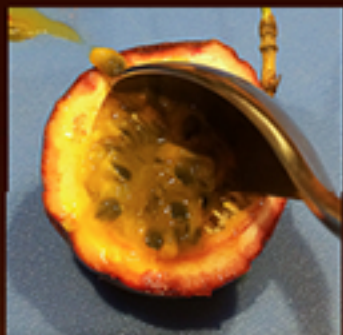
**STEP 1**  
Fruit is ripe when it is wrinkled.



**STEP 2**  
Cut open vertically.



**STEP 3**  
Cut open, it should look like this.



**STEP 4**  
With a tablespoon, scoop out the seeds and yellow surrounds leaving the white in the shell.



**STEP 5**  
When scooped out, the inside of the shell should look like this. You can use the yellow and seeds for your recipe or squeeze through cheesecloth to get the juice.

**BROOKS  
TROPICALS**  
GROWER • PACKER • SHIPPER