

# Introducing Penelope the Pineapple

Penelope the Pineapple has been dying to meet you all!



Hello everyone – I'm Penelope the pineapple, one of the tropical fruits. In the supermarket there's no hiding me! I'm a big oval shaped fruit with a tuft of short, sharp, green leaves coming out from my top. My skin is rough and spikey but inside is juicy deliciousness so don't be turned off!

## Availability

We are not grown in Ireland because the weather here doesn't agree with us – so we're imported in. This is great news for you because this means you can enjoy our juiciness all year around.

## Did you know?

- We originally come from South America.
- We were discovered almost 500 years ago by European explorers. It was then we were given our name 'pine-apple' because the explorers thought we looked like a pine cone. It is said that it was an explorer called Christopher Columbus that discovered us.
- Although we look like one big fruit – we are actually a group of smaller fruits fused together around a central core.

## Why are pineapples so good to eat?

We're really good source of vitamin C which is important for our immune systems to keep us healthy. Vitamin C also helps your body absorb another mineral called iron which gives you lots of energy. We also contain manganese. This is a mineral we don't hear about often but it is needed by our bones and joints as well as the brain. Another thing great about pineapples is that our sweetness is all natural and mainly

includes sucrose, with some fructose and glucose. And finally if that wasn't enough – we are a good source of dietary fibre which is good for our tummies and gut health.

### **How are pineapples grown?**

We are a native of Brazil in South America. We grow well in warm climates. Our parent plant is very strange looking – with lots of thick spikey leaves. The purpose of the thick leaves is to help lock in moisture helping us survive in very hot, dry climates. The plant we grow on is very beautiful and produces over 200 flowers varying in colour from lavender to light purple to red. It is these individual flowers that fuse together and create the pineapple fruit. After planting we take up to 2 years to be ready for harvesting. As soon as we are cut from the plant a new fruit will start to grow. This process can continue for up to 50 years!

Did you know the top of the pineapple once clean and dry can be replanted in soil and a new plant will grow!

### **How to store pineapples**

We do not ripen further after harvesting. Store us in a cool, dry place. Once cut, cover and refrigerate and use within in 2 days – although that isn't a problem because we are so delicious we're usually gobbled up.

### **Fun ways to prepare and eat pineapples**

We can be a little tricky to chop because of our hard skin – so it's best to ask an adult to help! Simply cut across us into thick slices and cut the skin off. Remove the hard core with a knife.

Pineapple flesh and juice are used in many cuisines throughout the world. It can be cooked or eaten raw as chunks or cored in slices. It is a really versatile fruit that can be included at nearly every meal. Why not try it raw as a snack, over a breakfast cereal, added to stir-fry's including sweet and sour stir fries, as a pizza topping or in sweet curries for dinner.

## Recipe

### Pineapple Upside-Down Pudding (0 Exchanges)

#### Ingredients:

- 50g (2oz) butter/ hard margarine
- 50g (2oz) caster sugar
- 1 tsp vanilla essence\*
- 115g (4 ½ oz) Low protein Flour mix
- 1 tsp Low protein Egg replacer
- 1 tsp baking powder\*
- 100ml Low protein milk
- 4 pineapple rings – drained
- 1 tbsp Demerara sugar
- 2 glace cherries\*, halved
- 17cm (7inch) sandwich baking tin, greased

Contact your dietitian for suggestions of suitable low protein products to use in the recipe.

Oven temperature: 190°C/375°F/Gas Mark 5

#### Method:

1. Grease the sandwich tin and sprinkle the base of the tin with Demerara sugar. Arrange the pineapple rings and cherries in the base on the tin.
2. Place the low protein flour mix, baking powder and low protein egg replacer in a bowl and mix thoroughly.
3. Beat the sugar, butter and vanilla essence in a medium bowl for 1 minute.
4. Add half the flour mixture and half the low protein milk and mix for 30 seconds.
5. Add the remainder of the flour mix and the last of the milk and mix again for 1 minute, until smooth.
6. Spread carefully over the pineapples and level out the surface.
7. Bake in a preheated oven for 15-20 minutes until risen and firm to touch.
8. Loosen the edges of the cake and turn upside down onto a serving dish.

And voila – This is one of Penny's and Pauls favourite Low protein recipes – so enjoy!

\* Always check the labels or ask your dietitian for suitable brands.

**Best bit -**

Pineapples are naturally low in protein and can make up a delicious part of your diet  
– so what are you waiting for give me a try.

**How many times did you try it? \_\_\_\_\_.**

Did you earn your star? ★

