

# Sweet Sunshine On Your Plate

(NAPS)—Start a new entertaining tradition: Serve some tropical-sweet golden kiwifruit at your next family or neighborhood gathering. Your guests will appreciate the introduction to this hip new fruit.

Relatively new to North America, this all-natural, sweet delight was born in New Zealand's pristine island environment and nurtured by growers in the Bay of Plenty.

Easily recognized by its oval shape, smooth, brown skin, and pointed crown, golden kiwifruit is available June through September.

Slice it open to reveal its sunny, yellow inside, flecked with tiny black seeds. Spoon out the golden flesh and savor the flavor—a delightful mix of mango, melon and citrus, sweet and silken smooth.

Try Golden Kiwifruit Gelato for a light, warm-weather treat that will add flair and flavor to your entertaining.

## GOLDEN KIWIFRUIT GELATO

2 ZESPRI™ GOLD Kiwifruit  
peeled & sliced  
½-1 cup sugar, to taste  
2 teaspoons vanilla extract  
1½ cup milk

Place the golden kiwifruit and sugar into a food processor, and blend until smooth.



Indulge your sweet tooth, and your body will thank you for it.

**Add the vanilla and the milk, and continue pulsing until well mixed. Freeze in an electric ice cream maker according to the manufacturer's instructions. Or, freeze in a bowl until nearly solid. Beat well with an electric mixer; then, freeze until firm. Store in a covered container in the freezer.**

**Yield: 8-12 servings.**

ZESPRI™ GOLD Kiwifruit is beautiful, and it can help you look great, too. A two-piece serving has just 80 calories, more vitamin C than an orange, more potassium

than a banana, and more fiber than a serving of bran cereal. It's low in fat and sodium and cholesterol-free.

For a quick, nutritious snack, simply slice a golden kiwifruit in half and scoop it out with a spoon. Or, just rinse and bite right in; the skin is edible.

Peel and blend into a smoothie with yogurt, a banana and some orange juice for a delicious high-energy tonic. Slice over cereal or ice cream; or, use green and gold kiwifruit together in your favorite recipes that call for fresh or lightly sautéed fruit.