

Meet 'ulu, or breadfruit: a nourishing, versatile, and sustainable crop.

Eat BREADFRUIT

Lutein
powerful
antioxidant

Pota-
sium

Vitamin
C

Gluten
Free

Magne-
sium

Calcium

Vitamin
A

100 g cooked 'ulu contains

2.6 g PROTEIN

Has all the essential amino acids our bodies need.

26.3 g CARBOHYDRATES

Low-to-moderate glycemic index rating (47-72).

16 g AMYLOSE

Contributes to feeling full and regulating weight.

16 to 20 weeks

Mature 'Ulu

Can be substituted for potatoes in virtually any recipe - ideal for fries, chips, stews, hummus, casseroles, salads and poke.

Flesh is firm and can be boiled, baked, steamed, roasted or fried.

Soft & Sweet

1-3 days after harvest

Ripe 'Ulu

Turns sweet as starches convert to sugars. Flavor and texture is similar to pumpkin or banana - making it perfect for desserts!

Firm & Starchy

4 to 8 weeks

Baby 'Ulu

Flavor and texture resembles artichoke hearts. Great for pickles!

'Ulu Chocolate Mousse:



Mashed 'Ulu



Fire Roasted 'Ulu



Fried 'Ulu Wedges



'Ulu Hummus



'Ulu Patties



'Ulu in Beef Stew

'Ulu Flour

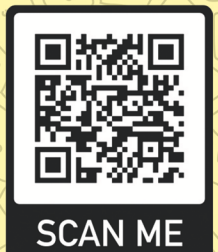


'Ulu can be milled into a gluten-free flour that's great for baking and thickening!



FIND RECIPES AT

WWW.EATBREADFRUIT.COM



SCAN ME