

# 'Ulu



- Also called breadfruit
- Polynesian voyagers brought 'ulu to Hawai'i over 1,000 years ago.
- It grows on big trees that produce hundreds of pounds of fruit each year.
- 'Ulu can be baked, boiled, fried, roasted, or made into flour.
- It's rich in carbs and fiber, giving you energy and helping with digestion.

