



## HARVEST OF THE MONTH

### Persimmon Fun Facts

December

- The persimmon is Japan's national fruit. The nickname for a persimmon is "Apple of the Orient"
- Persimmons are an excellent source of soluble fiber shown to protect against heart disease and lower blood sugar levels.
- Persimmons are an excellent source of Vitamin A, Vitamin C, and Vitamin B6. Also, a great source for Manganese and Potassium.
- Fuyu (Foo-yoo) is a firm variety that can be sliced and consumed similar to an apple.
- Hachiya is the variety that is tart until soft. The persimmon is a great fruit for eating, adding to cookies, and smoothies.

#### Persimmon "Pumpkin Pie Spiced" Smoothie

1-2 Persimmons

$\frac{1}{2}$  -1 Ripe Banana

1 Cup Hempseed Milk, Kefir, Yogurt or "Milk" of choice

1 Tbl. Coconut Oil or Coconut Butter

1 tsp. Pumpkin Pie Spice

3 Pitted Dates

$\frac{1}{2}$  tsp.-1 tsp. Vanilla (optional)

Blend all ingredients together in a blender or hand held blender.

HELPFUL HINT: Great for breakfast or snack

Recipe compliments of Curry Girls Kitchen [www.currygirlskitchen.com](http://www.currygirlskitchen.com)