

# White Sapote

By Bill Pullman

## White Sapote Frozen Dessert

### Ingredients:

White Sapote (*About 2 fruits per person*)

Local Honey to taste

Macadamia nuts to taste



### Equipment:

Champion juicer  
or blender

### Procedure:

Peel and remove seeds, cut fruit into no greater than 2 inch pieces then freeze fruit for at least 24 hours.

Put fruit through Champion juicer while adding honey and macadamia nuts to taste.

Extrude fruit into individual serving bowls or cones.

If using a blender, thaw slightly then blend with honey to taste. Add chopped macadamia nuts.

### Garnish Options:

These can be added while the frozen fruit is being processed or used as garnish.

Small pieces of candied citrus peel.

Cinnamon

Sweetened Cardamom

Chocolate pieces with or without cayenne pepper flakes.

Small pieces of half dried figs and/or jackfruit.

Enjoy!

Native to Central Mexico, the sweet soft flesh of a ripe fruit can be cut and served in fruit cups or used in salads. It is also made into ice cream and marmalade in Central America.

Produced with funds from the State of Hawaii  
Department of Agriculture  
©2012 Hawaii Tropical Fruit Growers  
Ken Love, President  
[www.htfg.org](http://www.htfg.org)