



Community and Public Health

# Fabulous Feijoas

Kia ora koutou,

Every year as we farewell another summer, the tropical flavours of the feijoa signal the start of cooler months.

Did you know a mature feijoa tree can produce 20 to 30kg of fruit each year? That's more than 300 feijoas!

There are so many ways that you can enjoy a feijoa: scooped out and added to porridge or yoghurt for a healthy breakfast, in pudding such as fruit crumble, or made into a salad with other vegetables like tomatoes and onions. You could also try out these recipes below if you have some feijoas at home:

## Feijoa Cake

### Ingredients:

- 2 cups plain flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3 teaspoon cinnamon
- 8 scooped out feijoas, mashed
- 1/2 cup cooking oil
- 1/2 cup milk

1. Preheat oven to 180°C and grease a baking tin (loaf, round, or square).
2. Combine sifted flour, sugar, baking powder, baking soda and cinnamon.
3. Mix together feijoa and oil until well combined.
4. Add the feijoa mixture to the dry ingredients. Stir in the milk to create a just-moist mixture.
5. Place into the pre-greased baking tin and smooth out with a spoon or spatula.
6. Bake for 20 - 25 minutes until cooked or a skewer comes out clean from the centre of cake.
7. Gently sift some icing sugar over the top once it has cooled.

## \*Feijoa Salsa

### Ingredients:

- 3 feijoas
- 1 red onion
- 1 tomato
- 1/3 cucumber
- 2 tablespoons lime juice
- 1 bunch coriander (optional)

1. Slice the skin off the feijoas.
2. Finely chop all ingredients except for the lime juice and place into a bowl.
3. Gently mix the lime juice with the salsa. Add a tablespoon of chopped fresh coriander for a different flavour twist.
4. Best served straight away. It matches beautifully with corn chips or as a tasty topper for freshly cooked fish.