



## **Executive Chef Bonnie Shuman Pennsylvania Paw Paw Milkshake**

Pawpaw is a native North American tree. It is the largest edible fruit indigenous to the United States. They are often simply eaten raw, picked fresh from the tree and eaten out of hand. But there are many other uses for paw paws.

The fruit helps metabolize other foods, is rich in riboflavin, thiamine, B-6, niacin and folate. Rich in Vitamin C and other antioxidants, it also boasts a number of needed minerals including potassium, magnesium, phosphorus and iron. When deciding what to do with paw paws, consider all the nutritional benefits and pack in as many of these snack-sized fruits as you can during the extremely short season.

[Serves two]

### Ingredients:

|          |                        |
|----------|------------------------|
| 2 cups   | paw paw pulp           |
| 1 cup    | cold milk              |
| 4 scoops | vanilla bean ice cream |

### Method:

- Combine ingredients in a blender and blend on high until smooth and frothy
- Pour into a frosty glass
- Serve and enjoy!