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!