Passion fruit drying for export

Passion fruit benefits

Passion fruits are nutritious, stimulate digestion, treat gastric cancer and used as a supplement. Furthermore, passion fruit peels contain bio active components that help in oxidation. Additionally, juice extract especially from purple passion fruits helps to reduce blood pressure in human.

Preparation process

Start by selecting high quality passion fruits with nice colour, remove outer layer and wash fruits well. Thereafter, cut the soft passion fruit layer into different sizes, boil and drain off excess water after cooling. Additionally, mix the boiled content, add passion fruit juice, seeds, sugar and citric acid. Furthermore, spread mixture on trays to dry, park well and transport to markets.