CREAMED BREADFRUIT

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INGREDIENTS

- 4 cups breadfruit, peeled and cut into chunks
- 2 cups water, for cooking
- ½ teaspoon salt
- 1 teaspoon garlic powder (optional)
- ¼ teaspoon black pepper (optional)
- 1 teaspoon parsley flake (optional)

Nutrition Information

Serving Size: 1/3 cup (2 oz)

Calories: 57; Total Fat: 0.1g;
Saturated Fat: 0g; Cholesterol: 0mg;
Sodium: 74mg; Carbohydrate: 15g;
Fiber: 3g; Sugar: 6g; Protein: 1g.

The average adult may have 1-2 servings per meal or 1/3 to 2/3 cups of creamed breadfruit.
NB: Individual needs may be higher or lower.

METHOD

1. Place the breadfruit in a pot of salted boiling water.
2. Reduce the heat and cook thoroughly. Remove from heat once cooked.
3. Set a colander in a bowl and drain the breadfruit, reserving the liquid.
4. Return the breadfruit to the pot and crush with a potato masher or handheld mixer.
5. Moistened by gradually adding some of the reserved liquid.
6. Add garlic powder, and black pepper.
7. Continue mashing until the mixture is smooth and well combined. Add more of the reserved liquid for a creamier consistency if desired.
8. Transfer the creamed breadfruit into a serving dish and smooth the surface.
9. Garnish with parsley flakes.
10. Serve hot.