Pawpaws are higher in protein than bananas, apples or oranges. Niacin content is twice as high as banana, 14 times as high as apple and four times as high as orange. Good source of calcium and Vitamin C. Protein in pawpaw contains all of the essential amino acids. Fatty acid profile is preferable to that of banana, with 68 percent as monounsaturated or polyunsaturated.

Nutrient composition of 100 grams pawpaw pulp with skin:
(source: Kentucky State University)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Fat</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>18.8 grams</td>
</tr>
<tr>
<td>Fiber</td>
<td>2.6 grams</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>18.3 milligrams</td>
</tr>
<tr>
<td>Calories</td>
<td>80</td>
</tr>
<tr>
<td>Potassium</td>
<td>345 milligrams</td>
</tr>
<tr>
<td>Calcium</td>
<td>63 milligrams</td>
</tr>
<tr>
<td>Niacin</td>
<td>1.1 milligrams</td>
</tr>
<tr>
<td>Iron</td>
<td>7 milligrams</td>
</tr>
</tbody>
</table>

Pawpaw is the ‘tropical’ native fruit; a good source of calcium, protein and Vitamin C!
**Pawpaw Pie**

\[\frac{3}{4} \text{ c. sugar} \quad 2 \text{ c. milk} \]
\[2 \text{ Tbsp. flour or cornstarch} \quad 1 \text{ c. pawpaw pulp} \]
\[2 \text{ eggs (reserve whites for meringue)} \]

Combine sugar and flour. Add egg yolks and milk. When well mixed add pawpaw pulp. Cook until thick and pour into baked pie crust. Cover with meringue and brown in moderate oven (about 350 degrees F).

**Meringue:** In a large clean bowl, whip egg whites until soft peaks form. Spoon on top of the slightly cooled pie, sealing the meringue to the edges of the crust. (Can whip in cream of tartar and/or sugar if desired.)

*Recipe from Kentucky State University*

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**Pawpaw Cookies with Black Walnut**

\[\frac{3}{4} \text{ c. pureed pawpaw pulp} \quad \frac{1}{2} \text{ c. brown sugar} \]
\[1 \text{ c. all-purpose flour} \quad 1 \text{ egg} \]
\[\frac{1}{2} \text{ tsp. baking powder} \quad \frac{1}{2} \text{ c. black walnuts} \]
\[\frac{1}{4} \text{ c. butter} \]

Preheat the oven to 350 degrees F and grease one large cookie sheet. Peel and seed fresh pawpaws and process in a food processor until fine. Sift together flour and baking powder, and set aside. Cream butter and sugar. Add egg. Add flour mixture and then add pawpaw pulp. Chop half the nuts (reserve 16 pieces) and blend in. Drop by teaspoonfuls onto the prepared cookie sheet and press a piece of black walnut onto the top of each cookie. Bake 12 minutes or until brown across the top. Makes about 16 cookies.

*Recipe from Kentucky State University*

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**‘Tropical’ Orange Julius**

pulp of one pawpaw (remove all seeds)
1 or 2 c. orange juice
1 or 2 scoops vanilla ice cream

Blend all ingredients in blender.

*Recipe from Ken Hunt, University of Missouri, Center for Agroforestry*

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**Pawpaw Muffins**

1 lb. very ripe pawpaws
non-stick vegetable spray
1½ c. all-purpose flour
1 c. 2% milk
\[\frac{1}{2} \text{ c. white cornmeal} \quad \frac{1}{2} \text{ c. hickory nut or pecan pieces} \]
1 Tbsp. baking powder
1 egg
\[1/3 \text{ c. 100% pure sweet sorghum} \]

Preheat oven to 400 degrees F. Wash and peel pawpaws, and press through a food mill. Measure out 1 c. of pulp. Using non-stick vegetable spray, grease 18 medium muffin cups. If desired, sprinkle a little cornmeal into the bottom of each muffin cup. In a large bowl, whisk together flour, cornmeal and baking powder. Crack the egg into the center of the dry ingredients, and whisk the egg until well mixed. Add and whisk in the sorghum, oil and milk, stirring until almost mixed. Using a rubber scraper, stir in the nuts and raisins. With the nuts barely mixed in, and the flour just incorporated, pour the batter into the muffin cups, filling each about 2/3 full. Bake 17 minutes or until a toothpick inserted in the center comes out clean. Muffins should be crusty on the top and brown on the bottom. Cool 3 minutes on a wire rack, then lift the muffins from the pan onto the wire rack to finish cooling.

*Recipe from Kentucky State University*