



# How to Peel a Kiwi

On the outside, a kiwi looks like a fuzzy brown egg while the inside is filled with a rich, velvety bright green flesh sprinkled with a ring of tiny, edible black seeds.

The taste of kiwi varies from tart to sweet and is similarly to other fruits, such as strawberries, nectarines and melons.

Kiwi fruit blends well with other fruits and can be used for garnish to make dishes look more appealing.

One large kiwi has more vitamin C than a cup of strawberries, a medium-size orange or half a grapefruit.

## Here's a quick and easy way to peel a kiwi



1. Trim off both ends of the fruit using a knife. Take a tablespoon and ease the spoon between the flesh and the peel.
2. Turn the kiwi while pressing the back of the spoon against the peel as you turn. The fruit will slide right out in one piece and can then be easily diced, sliced, chopped, etc.

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