Health Minute™

It has to be a miracle…

Who knew there was such a thing as Miracle Fruit? Apparently there is. The Miracle Fruit is a plant that produces small red berries about the size of coffee beans. The berries aren't very sweet but they contain a protein that binds to the taste buds and causes bitter and sour foods to taste sweet. The effect lasts anywhere from 30 minutes to two hours afterward. The molecule responsible for tricking the tastebuds is called miraculin. Many companies are trying to produce artificial sweeteners based on the miracle fruit but the berries are very particular and the protein is difficult to preserve. Rest assured, technology is sure to triumph and the whole world will be able to make lemonade out of lemons without adding even a pinch of sugar!

Miracle Fruit Trivia	Growing Miracle Fruit
First documented in 1725 by an explorer to West Africa – local people picked the berries and chewed them before meals A café in Tokyo uses miracle fruit as a way for clients to enjoy bland-tasting low-calorie sweets. Everything you eat after devouring a freeze-dried berry tastes delicious (each berry costs about $20) .	Grows best as a container plant except in southern Florida and Hawaii Prefers acidic soil and high humidity Grows well with blueberries Can grow up to 18 feet tall in its native habitat Plants don't like to get their feet wet – don't let them get waterlogged