



PROCESSING OF AVOCADO PULP



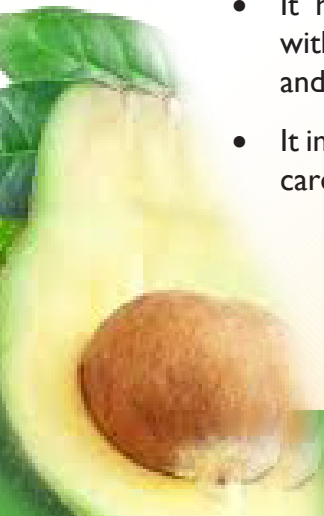
I. Introduction

In Kenya, there has been a gradual increase in the establishment of micro, small, and medium-sized food processing enterprises. These enterprises focus on producing a variety of nutritious food products as a means to mitigate post-harvest losses and food wastage, prolong the shelf life of food items, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

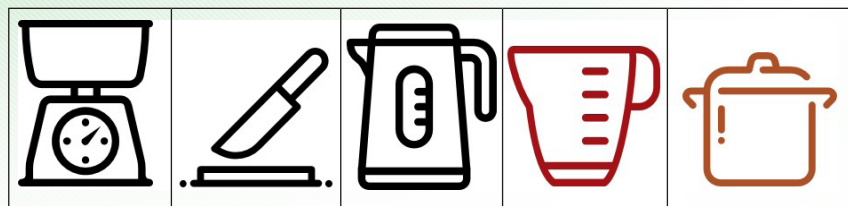
Avocado pulp is typically made by destoning (removing the pit) the avocados, scooping out the flesh and then pressing it into a creamy puree. Fully matured ripe avocados are harvested, quickly transported to the fruit processing plant, inspected, washed and processed to pulp. Note; unripe mature avocados are first ripened in the ripening chamber then processed into pulp.

II. Health Benefits of Avocado Pulp

- It is used in weight management; this is due to the high fat content which gives feeling of satiation
- It is an excellent source of the B-group vitamin folate - an essential nutrient for cell division, blood formation and a healthy pregnancy.
- It helps to reduce some heart disease risk factors without causing weight gain, and contribute in gut, eye and skin health
- It improves lipid profiles in the body and contributes to cardiovascular health



III. Requirements for Processing of Quality Avocado Pulp



Avocado pulp processing equipment

i. **Equipment**

Weighing scale, knives, basins, washing troughs, pulper/blender, *sufurias* (pots)/pasteurizer, strainers and packaging bottles

ii. **Ingredients**

- Ripe avocado



Ripe avocados. Source: James Ndambuki

IV. Procedure

1. Harvest ripe fruit free from pest and diseases (unripe mature fruits are left to ripen before been processed into pulp).
2. Weigh the harvested fruit and record
3. Wash the fruit to remove surface dirt
4. Cut the fruit into half and remove the peel
5. Slice into small pieces of flesh



Avocado cut into half ready for peeling and pulping.
Source: James Ndambuki

6. Blend the flesh using a pulper machine or a blender
7. Pasteurize the pulp at 75°C for 15 minutes.



*Avocado pulp being pasteurized using a pasteurizer.
Source: James Ndambuki*

8. Fill sterilized bottles with hot pulp
9. Cool and store in a cool dry place

Uses of Avocado Pulp

- Avocado pulp is widely used in preparing juices, drinks and nectars.
- It is used as a base in various jams and marmalades

- Use to make delicious milkshakes
- Used to make baby foods.

V. Basic Hygiene During Processing

i. Processing premises: spacious to accommodate all required facilities

a) Necessary facilities

- Sanitation area-toilets/latrines, changing rooms, hand washing areas and lunch areas
- Proper flooring
- Cleaning stations
- A floor drainage system
- Working benches
- Cold rooms

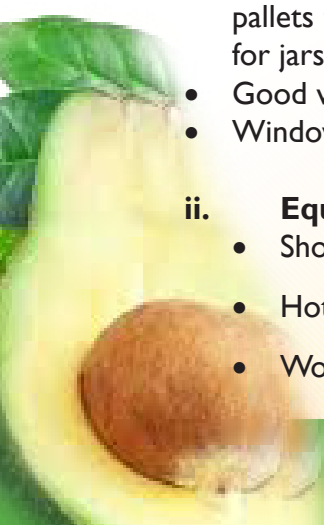
b) Working rooms should have:


Easy to clean floors

- Walls painted white for easy detection of insects, dirt and any abnormalities
- Adequate lighting
- Temporary storage – stacked crates for raw materials, pallets for raw material and finished products and shelves for jars
- Good ventilation to allow moderate temperature
- Windows with insect proof screens

ii. Equipment

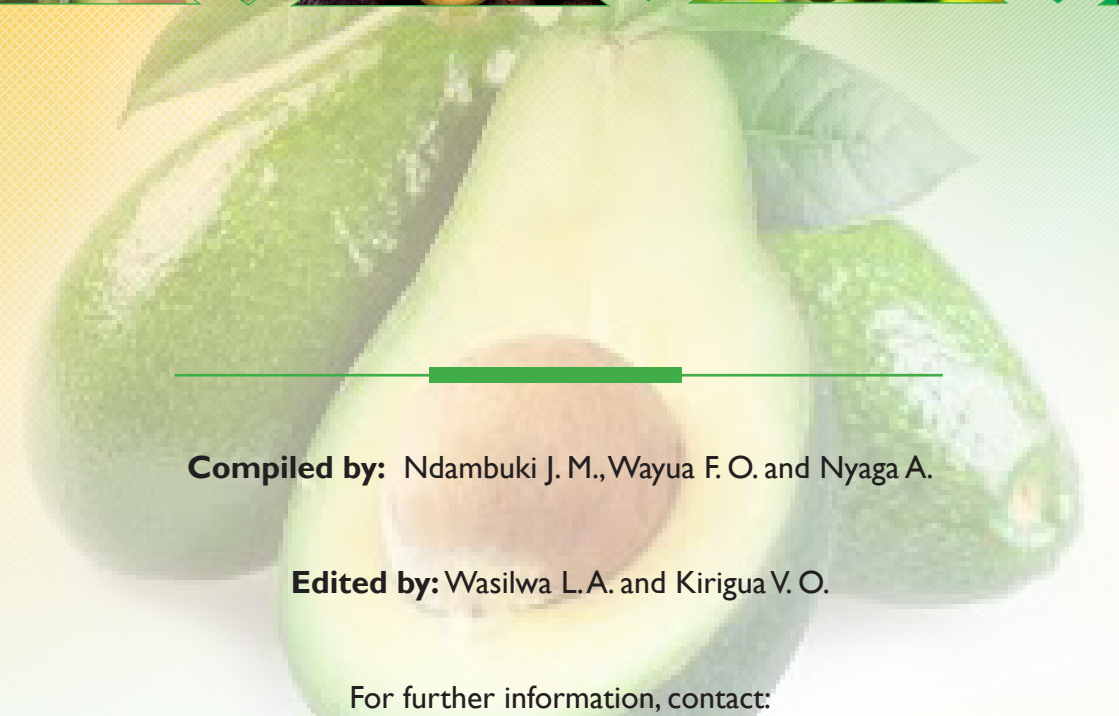

- Should be properly cleaned before and after use
- Hot water should be used for sterilizing the equipments
- Wooden equipment should be scrubbed



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- All utensils should be kept dry by wiping with clean cloth and stored in dust free places

iii. **Personal hygiene**

- Health certificates should be acquired (commercial purposes)
- Health status (processing should not be done when one is sick or with open wounds)
- Illness and injuries (processing should not be done when one has open wounds)
- Personal cleanliness - maintaining personal cleanliness including body and clothes as well as hands while undertaking the processing.



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Design and layout by Emma. Nyaola

KALRO/AVOCADO/NAVCDP/Brochure No. 151/2024

