



## DESCRIPTION

Looks like a banana with round ends. It has a silky green skin and a salmon –coloured jelly-like pulp with black edible seeds

## NUTRIENTS/ BENEFITS

Vitamines A, B1, B2, B3 y C

## PREPARATION/USES

- Halve and spoon out. DO NOT EAT THE SKIN.
- Use in beverages and sherbets.

## WHEN TO EAT

When skin is yellow.

## HANDLING

Once ripens (yellow skin), keep refrigerated.