



## DESCRIPTION

Feijoas are a lime green color, ellipsoid shaped fruit with a white, granulated pulp and a distinctive aromatic sweet and sour flavor. Its flavor is a mix between pineapple, banana, guava and grapes.

## NUTRIENTS/ BENEFITS

Rich in Vitamin C.

## PREPARATION/USES

- Eat flesh and skin.
- Great in fruit salads.
- Desserts
- Baked
- Pureed
- Preserved
- Great with cheese, duck, fish, pork and/or chicken.

## WHEN TO EAT

When skin is still green and soft.

## HANDLING

Keep refrigerated.  
Once cut, eat it or sprinkle lemon juice to prevent oxidation of flesh.