



DESCRIPTION

Yellow oval shaped fruit. It has a thick, spiny skin and a firm grainy flesh with small, edible seeds. Sweet taste and fresh aroma, like a melon.

NUTRIENTS/ BENEFITS

Contains Calcium, Iron, Magnesium, Niacin, Phosphorus, Potassium and Vitamin C. Low in Sodium and calories. Commonly known for its anti-viral properties.

PREPARATION/USES

- Cut length-wise and remove the skin .
- Fruit salads
- Desserts
- As a topping for crackers, cereal, yogurt

WHEN TO EAT

When fruit is firm.

HANDLING

Can be kept at room temperature. Once it is ripe (soft), keep refrigerated.