



DESCRIPTION

Round shape fruit with a thick, hard, burgundy colour shell and a purple hard rind. Inside has 6 white flesh juicy clusters. Mangosteen is a fragrant fruit with sweet and sour flavour and a peachy texture.

NUTRIENTS/ BENEFITS

High in Xanthonenes, Antioxidants, Calcium, Fiber and Iron.
Anti-bacterial, anti-viral and anti-inflammatory properties

PREPARATION/USES

- Eat fresh. Crack the outer shell. DO NOT EAT RIND SKIN or SEEDS.
- Juiced. In this case mix rinds, flesh and seeds and strain.

WHEN TO EAT

When outer shell gives to slight pressure.

HANDLING

Keep at room temperature.