



DESCRIPTION

Round to oval fruit with a green, smooth shell. Fruit contains a yellowish juicy pulp with black edible seeds. It has a sweet and sour flavor.

NUTRIENTS/ BENEFITS

Provitamin A beta-carotene, Vitamin C, dietary fiber, Iron, Potassium

PREPARATION/USES

- Cut the fruit into two halves and scoop it up.
- Juice
- Pie filling
- Mixed Drinks
- Added to fruit salads
- Cake frosting
- Dressings

WHEN TO EAT

Fully ripe when skin turns yellow and wrinkles.

HANDLING

Once fruit ripens, keep refrigerated for few days.