



## DESCRIPTION

Oval shaped with green/yellowish skin and orange flesh.

## NUTRIENTS/ BENEFITS

Beta Carotene, Calcium, Potassium, Fiber, Vitamins A and C.  
Contains an enzyme called "papain" which aids digestion, relieves pain and stomach inflammation.  
The enzyme "retinina" eliminates internal parasites

## PREPARATION/USES

- Cut vertically, peel the skin and remove the seeds.
- Topping for yogurt, cereal, ice cream
- Fruits salads

## WHEN TO EAT

When skin is yellow.

## HANDLING

Ripen at room temperature, then refrigerate.