



DESCRIPTION

Red, golden or amber egg-shaped fruit. It has a smooth, thin skin and a firm red or golden flesh with small, black edible seeds. Tart, tangy flavour fruit.

NUTRIENTS/ BENEFITS

Contains Vitamins A, C, Magnesium, Calcium. High water content, rich in fiber.
It is commonly use to reduce cholesterol.

PREPARATION/USES

- Peel the fruit, cut it into two halves and scoop it up.
- Refreshing juice with sugar
- Can be grilled.

WHEN TO EAT

Fruit is ripe when it is soft.

HANDLING

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