



## DESCRIPTION

Small, round, orange colour berry, full of small edible seeds

## NUTRIENTS/ BENEFITS

Calcium, Phosphorus Vitamin A and C.  
Because its content of polyphenol and carotenoid likely has anti-inflammatory and antioxidant properties

## PREPARATION/USES

- Eat out-of-hand. Just remove the husk and wash the fruit.
- Fruit salads
- Ice cream

## WHEN TO EAT

When husk is yellow.

## HANDLING

Keep refrigerated.