

red guava



Guava is sweet with a refreshing tropical fragrance. It's so sweet that red guava is often the fruit of choice for Latino pastries.

Guavas are used in so many dishes, from appetizers to desserts.

Toss guava chunks into a blender with other fresh **smoothie** ingredients; try freezing first for a **slushy drink**.

Adding guava slices to a **tossed salad** or lightly heated in savory **chicken or fish** dish adds a snap of color and big flavor.

Of course you could make guava **marmalade, glazes, and syrup** but sometimes simple is **best—just slice and snack** or eat in its entirety, peel and all.



Ripen at room temperature. Guava is ripe when it's soft to the touch.



The seeds, eat or toss

- Scoop the seeds out with a spoon for slices.
- Use a fine mesh strainer to extract the seeds for toppings.
- Toss in a blender or food processor. Strain, if desired.



Packs a nutritional punch

Known as a "super-fruit", guavas are incredibly rich in **vitamin C** with one fruit delivering more than the double daily

recommended allowance (RDA).

Guavas beat bananas in **potassium** (for help in maintaining blood pressure) with a whopping 220 mg per fruit.

Red guavas get their red hue from **lycopene**, an incredibly valuable antioxidant.

more info...



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