

Gorgeous Guava

For flavor, think strawberry-pear. The whole fruit is edible, containing good-for-you vitamins C and A and potassium.

HAND-TO-MOUTH

Wash thoroughly and eat it like an apple, but with seeds and all (if you want).

BLITZ

Blend until smooth: 1 washed, whole ripe guava, 1 cup of water, a little sweetener, and a splash of fresh lime juice.

SALSA-FY

Add diced guava to homemade or storebought salsa and dip away.

