

TIPS TO RELISH STAR FRUIT

During Pregnancy



Slice the star fruit and eat it fresh to enjoy its natural sweetness.

Blend it on its own or with other fruits of your choice to make a delicious homemade juice.



Add it to savory dishes such as curries or sweet dishes such as pies and tarts.

Snack on some dried star fruits or mix them with trail mix, granola, or yogurt.



Relax your mind by making jams or jellies out of this fruit.

Mix it with your favorite salad to add a sweet and tangy twist.

