

# **This Week's Featured Food:**

## **The *delightful* Star Fruit**

### **What is a Star Fruit?**

- ✧ **Known as a carambola that originated from the steamy tropics of Sri Lanka.**
- ✧ **The Star fruit tastes like a cross between an apple and a grape.**

**Great Source of Vitamin C to help fight infection**

**High in fiber!  
Great for digestion!**

**Full of antioxidants!**