

KUMQUAT

Kumquats are the only citrus fruit that can be eaten "skin and all." The peel is the sweetest part and can be eaten separately. The pulp contains the seeds and juice, which is sour. When eaten together, you get a sweet and sour taste. The seeds, however, should not be eaten.

Kumquats are an excellent source of Vitamin C and fiber and are naturally low fat, cholesterol free, and are low in sodium.

