

# How to eat a Star Fruit



**Star fruit has a sweet, slightly tangy flavor. Some compare it to a blend of papaya, orange, and grapefruit, while others find it comparable to a mix of pineapple and lemon. The fruit can be sliced and enjoyed on its own, but it can also be added to other dishes and drinks. Here is a suggestion on how to prepare and eat star fruit.**

**Eat star fruit with yellow skin.**

**Ripe star fruit is firm and has vibrant yellow skin.**

- The more yellow the skin is, the sweeter the fruit will be. A yellow star fruit with a bit of brown along the edges is ideal.**

**A star fruit has approximately 30 calories. It is also a worthwhile source of fiber, vitamin C, carbohydrates, and water.**