

***Botanical Name- - Annona squamosa***  
***Common Name -- Custard Apple, Sitafal***



**Uses**

1. Eating fresh - Consumed as a fruit.
2. Juices - Used in shakes or smoothies.
3. Ice creams - Flavoring for desserts.
4. Custards - Added to sweet dishes.
5. Jam - Made into spreads.
6. Pulp - Added to sweets.
7. Face masks - For skincare
8. Hair masks - Promotes hair health.
9. Boost immunity - Rich in Vitamin C.
10. Improves digestion - High in fiber.
11. Controls diabetes - Low glycemic index.
12. Heart health - Contains potassium.
13. Bone health - Rich in magnesium.
14. Weight gain - Nutritious for gaining weight