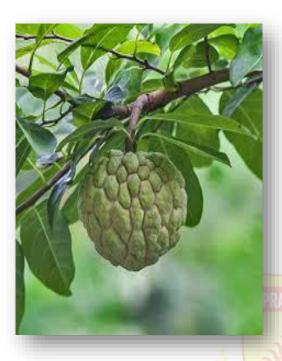
## Botanical Name- - Annona squamosa Common Name -- Custard Apple, Sitafal



## <u>Uses</u>

- 1. Eating fresh Consumed as a fruit.
- 2. Juices Used in shakes or smoothies.
- 3. Ice creams Flaworing 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