



# FRESH LIMES



Limes are small, green citrus fruits known for their distinct tart, sharp tanginess, and mildly perfumed smell. Too sour to be eaten whole, their zest and juice are often used in marmalades, jams, salad dressings, sauces, fish and meats.

- Health Benefits: Limes contain antioxidants, which have been shown to help reduce inflammation and even help prevent certain chronic illnesses. The high levels of Vitamin C found in limes can help protect you from infection and speed up your body's healing process.