

# Papaya and Banana Smoothie

Scan for interactive recipe



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 4

**Prep:** 10 minutes

## INGREDIENTS

- 2 cups papaya chunks (fresh or frozen)\*
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt\*
- 1 cup ice cubes

## DIRECTIONS

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate for up to 4 hours.

### \*Substitutions

- One cup of low-fat milk, soy, rice, almond or coconut milk can be used instead of yogurt.
- Strawberries, blueberries or raspberries can be used in addition to or instead of papaya.



### Nutrition Information

*Serving Size: 8 ounces*

<b>Calories</b>	<b>118</b>
<b>Total fat</b>	<b>1 g</b>
Saturated Fat	1 g
Trans fat	0 g
<b>Cholesterol</b>	<b>4 mg</b>
<b>Sodium</b>	<b>46 mg</b>
<b>Carbohydrates</b>	<b>25 g</b>
Fiber	3 g
Sugars	16 g
<b>Protein</b>	<b>4 g</b>

Recipe adapted from: MyPlate  
USDA