

Papaya and Banana Smoothie

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Serves: 4
Prep: 10 minutes

INGREDIENTS

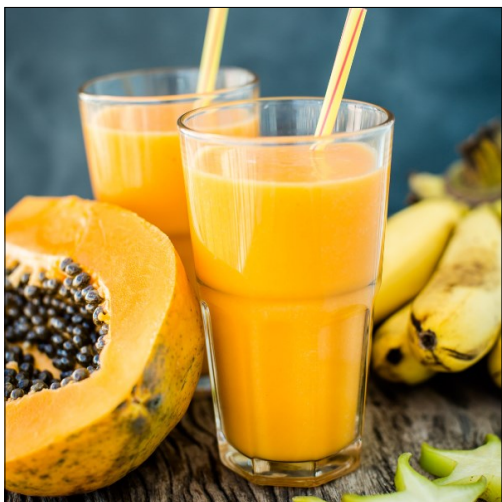
- 2 cups papaya chunks (fresh or frozen)*
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt*
- 1 cup ice cubes

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

Recipe adapted from: MyPlate
USDA