

Papaya Smoothie

(Makes about 2.5 cups)



1 cup of diced papaya

1 cup of fruit of your choice (pineapple, banana, strawberries, etc.)

3/4 cup (6 oz) of plain yogurt

1/4 cup juice (orange, apple or pineapple are good choices)

For extra protein add 1/4 cup silken tofu (optional)

Directions:

Combine all ingredients in a blender and puree until smooth.

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