



PAWPAW PARADISE SMOOTHIE

A simple and nutritious pawpaw smoothie recipe that you can try.

 5 minutes 10 minutes 1 portion

INGREDIENTS

- 1 slice or segment of pawpaw (papaya), orange flesh, peeled, raw [29 g]
- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 1 container of yogurt, Greek, plain, nonfat [170 g]
- 1/2 cup of beverages, almond milk, unsweetened, shelf stable [131 g] **or** 1/2 cup [8 fl oz] of spring Water [126 g]
- 2 tsp of seeds, chia seeds, dried **or** 2 tsps, whole of seeds, flaxseed [7 g]
- 9 leaves of spinach, raw [10 g]
- 1/2 tbsp of honey [11 g] **or** 1 tsp of sweetener, syrup, agave [7 g]
- 1/4 tsp of ginger root, raw [1 g]
- 1/4 tsp of spices, cinnamon, ground [1 g]

COOKING METHOD

- 1° Prepare the Pawpaw: Peel the pawpaw, remove the seeds, and dice the flesh into smaller pieces.
- 2° Blend: In a blender, combine the diced pawpaw, banana slices, Greek yogurt, almond milk, chia seeds or flaxseeds, ginger and spinach leaves (if using).
- 3° Blend until Smooth: Blend the ingredients until you achieve a smooth and creamy consistency. If the smoothie is too thick, you can add more almond milk/ spring water.
- 4° Taste and Adjust: Taste the smoothie and adjust the sweetness, if desired, by adding a drizzle of honey, agave or a sprinkle of cinnamon. Blend again if needed.
- 5° Add Ice: If you prefer a colder and thicker smoothie, you can add a few ice cubes to the blender and blend until they are incorporated.
- 6° Serve: Pour the smoothie into a glass and enjoy immediately! You can also garnish with additional chia seeds, a slice of pawpaw, or a sprig of mint.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (401 g)	% DRI
ENERGY	71 kcal	285 kcal	14 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	2 mg	9 mg	3 %
SODIUM	30 mg	121 mg	5 %
CARBOHYDRATE	11 g	46 g	15 %
SUGARS	7 g	29 g	—
FIBER	2 g	6 g	25 %
PROTEIN	5 g	20 g	—