

# Batido Smoothie

From United States Department of Agriculture  
<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/batido-smoothie>

## Ingredients

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

## Instructions

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 up to 4 hours.

**Makes 9 servings**

**Prep Time: 1 hour**

**Cook Time: 35 minutes**

## Nutrition information per serving

Calories: 118	Dietary Fiber: 3 g
Total Fat: 1 g	Sodium: 46 mg
Saturated Fat: 1 g	Protein: 4 g
Cholesterol: 4 mg	Carbohydrates: 25 g