

Papaya Boats

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

Ingredients

- 2 papayas, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries
- 1 (11-ounce) can mandarin oranges, drained
- ¾ cup lowfat vanilla yogurt
- 1 tablespoon honey*
- 2 teaspoons chopped fresh mint (optional)

Instructions

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

Makes 4 servings. (½ ripe papaya per serving.)

Nutrition information per serving:

Calories 195
Carbohydrate 46 g
Dietary Fiber 6 g
Protein 5 g
Total Fat 1 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 2 mg
Sodium 40 mg

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