



# Papaya Boats

## Ingredients

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|------------------------------------|--|
| 2 papayas, rinsed and peeled       | 1 (11-ounce) can mandarin oranges, drained |
| 1 medium banana, peeled and sliced | $\frac{3}{4}$ cup lowfat vanilla yogurt    |
| 1 kiwifruit, peeled and sliced     | 1 tablespoon honey*                        |
| 1 cup sliced strawberries          | 2 teaspoons chopped fresh mint (optional)  |

## Preparation

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.

*A special morning treat for you and your family.  
Add a sprinkle of granola for more crunch.*

**Makes 4 servings.**  *$\frac{1}{2}$  ripe papaya per serving.*

**Prep time:** 10 minutes

**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

\*Do not give honey to children under the age of one.