



## Papaya Boats

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

### Makes 4 servings.

*½ ripe papaya per serving.*

**Prep time:** 10 minutes

### 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)

### Preparation

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half in 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.

#### **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.

## Tropical Eye Opener

*A refreshing mixture of fruit, juice, and frozen yogurt  
for a meal on the go.*

### Makes 4 servings.

*1 cup per serving.*

**Prep time:** 5 minutes

### Ingredients

- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup undrained pineapple chunks\*
- ¾ cup lowfat vanilla frozen yogurt
- 1 cup ice cubes

### Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth
2. Pour into glasses and serve.

#### **Nutrition information per serving:**

Calories 151, Carbohydrate 35 g,  
Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g,  
Saturated Fat 1 g, Trans Fat 0 g,  
Cholesterol 3 mg, Sodium 31 mg

\*Canned fruit packed in 100% fruit juice.