

# Papaya, If You Please

This nutrient-dense tropical fruit is often used in Asian, Thai, Caribbean, and Indian dishes. When ripe, it has a sweet, creamy flesh.

## MAKE A SMOOTHIE

Add chunks of fresh or frozen peeled papaya with banana and pineapple for a tropical smoothie.

## ADD SOME TART

Peel and scoop out the seeds, squeeze fresh lime juice over the top, grab a spoon, and enjoy.

## EDIBLE YOGURT BOWL

In half a peeled and deseeded papaya, fill with yogurt, fresh berries, and nuts.

