Papaya

NUTRITION

▪ High in antioxidants like vitamin A, C, and E which can help boost the immune system and lower risk of heart disease.

Did You Know? (DYK)

▪ Originated from Central America
▪ Currently grown in tropical climates with plentiful rainfall
▪ Contains papain enzyme that can be used to tenderize meat

PREPARATION & STORAGE

▪ Ripe and ready to eat when skin is yellow to orange and can be pushed inward with gentle pressure
▪ Available at the grocery store as fresh or frozen
▪ Most people prefer to eat it cold

Tropical Papaya Smoothie

recipe courtesy of Super Healthy Kids

Ingredients:

<table>
<thead>
<tr>
<th>1</th>
<th>Papaya, peeled and cut</th>
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<tbody>
<tr>
<td>½</td>
<td>Banana, peeled and cut</td>
</tr>
<tr>
<td>2 cups</td>
<td>Ice</td>
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<tr>
<td>1 cup</td>
<td>Milk</td>
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Directions:

Place all ingredients in the blender. Blend until smooth and creamy.