

# FOOD FACTS

## 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:

1	Papaya, peeled and cut
½	Banana, peeled and cut
2 cups	Ice
1 cup	Milk

#### Directions:

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

