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.