

Papaya Boats with Peanut Butter Toast

Ingredients

- 1 papaya, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries
- 4 cuties, peeled and sectioned
- $\frac{3}{4}$ cup low fat vanilla yogurt (optional)
- 1 tablespoon honey
- 2 teaspoons chopped fresh mint (optional)



Makes 4, $\frac{1}{4}$ ripe papaya servings

Prep time: 10 minutes

Preparation

Cut papayas in half lengthwise, scoop out seeds. Place each half in a medium plate. Place an equal amount of banana, kiwi, strawberries, and oranges in each papaya half. Combine low fat vanilla yogurt, honey, and mint; mix well then spoon over the fruit before serving.

*Do not give honey to children under the age of one.

*Save the papaya seeds (fresh or frozen) and take 3 for indigestion or GERD.

Recipe: Everyday Healthy Meals