

Papaya Banana Smoothie

INGREDIENTS

- 1 cup low-fat milk
- 1/4th cup low-fat vanilla greek yogurt
- 1 small, ripe banana, peeled and sliced
- ½ papaya, peeled, seeded, and chopped
- 1 cup ice cubes

1 SERVING
TIME: 10 MINUTES



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PROCEDURE

1. In a blender, add milk, yogurt, banana, papaya, and ice cubes.
2. Blend on high until smooth.
3. Enjoy!

Adapted:
foodnetwork.com

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