



## Papaya Smoothie

This refreshing smoothie recipe is a quick and easy to make breakfast on the go.

### U.S.

2 1/2 cups	Papaya, deseeded, peeled, diced
1 each	Orange, peeled
1 each	Pear, cored
1 stalk	Celery, chopped
2 cups	Spinach or other leafy green
1/2 cup	Water
1/2 cup	Ice

### Metric

567 g
1 each
1 each
1 stalk
453.59 g
118.29 mL
118.29 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine all the ingredients in the blender and blend until smooth.

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### **Nutrition Facts**

<b>Serving size</b>	<b>2 cups</b>
<b>Servings</b>	<b>3</b>
<b>Calories</b>	86
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	23 mg
Carbohydrates	22 g
Dietary Fiber	5 g
Sugars	15 g
Protein	1 g
Vitamin A	140 %
Calcium	5 %
Vitamin C	150 %
Iron	2 %

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