

## Papaya Banana Smoothie



**Prep time**

**5 mins**

**Total time**

**5 mins**

A healthy smoothie that is great for digestion. A Papaya Banana Smoothie with Pineapple and Ginger.

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Recipe type: Drinks, Vegan, Gluten-free

Serves: 4 cups (800 ml)

### Ingredients

- 1 heaping cup (225g) Papaya Fruit
  - 1 Banana
  - 1 small chunk (5g) of fresh Ginger
  - 1 tablespoon (20ml) Lime Juice
  - 1 cup (160g) fresh Pineapple
  - 1 cup (120g) Crushed Ice
  - $\frac{3}{4}$  of a cup (150ml) Milk of Choice (I used almond milk)
- Coupons

### Instructions

1. Add all ingredients in a blender and blend until smooth.

### Nutrition Information

Serving size: 1 cup Calories: 63 Fat: 0.3 Trans fat: 0 Carbohydrates: 16.2

Sugar: 10.5 Fiber: 2 Protein: 0.7 Cholesterol: 0

