



*Small Changes for a Healthier "U"*



## Papaya and frozen pineapple smoothie

### **Ingredients:**

- 1 medium papaya
- 1 cup fresh or frozen pineapple
- 2 cups coconut milk

### **Preparation:**

- Blend all ingredients in the vitamix till smooth.
- Garnish with fresh coconut and a slice of papaya before you serve.