

PAPAYA



Tropical Papaya Smoothie

Ingredients

16 oz. coconut water, divided

1/2 cup frozen pineapple chunks

1/2 cup frozen mango chunks

3/4 cup fresh papaya chunks

Coconut ice cubes

Directions

Place two 10-oz. glasses in the freezer to chill. Pour 8 ounces of coconut water into an ice cube tray and freeze until solid. Place the remaining coconut water in the refrigerator. When ready to make smoothies, pour coconut water into a blender, followed by the fruit and puree until smooth. Add 2 to 4 frozen coconut cubes to a blender and process until thick. Pour contents into chilled glasses and, if desired, garnish with an edible flower.