

# PAPAYA BOAT

## INGREDIENTS

- 1 **apple banana**
- 1 ripe medium **papaya**
- 1 (5.3 ounce) container **nonfat plain Greek yogurt**
- 4 tablespoons **low-fat granola**
- Optional: **honey** to taste (see Notes)

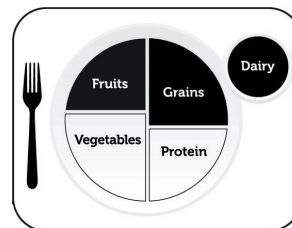
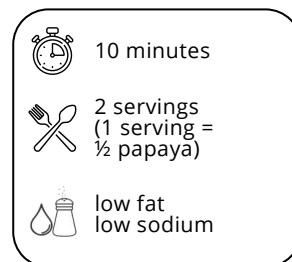
## DIRECTIONS

Always practice food safety when cooking.

- 1) Slice banana into ½ inch pieces. Set aside.
- 2) Cut papaya in half. Scoop out seeds with a spoon.
- 3) Scoop half of the yogurt (about ½ cup) to fill each half of the papaya.
- 4) Sprinkle 2 tablespoons granola on the yogurt for each half of the papaya.
- 5) Add half of the sliced banana on top of granola for each half of the papaya.
- 6) Optional: Lightly drizzle honey before serving.

## NOTES

- Honey is not recommended for children under 12 months old.
- This dish is best enjoyed immediately.
- Dairy alternatives, such as fortified soy yogurt could be used.
- Flavored yogurt can be used, but doing so will increase the sugar.
- Cottage cheese may be substituted in place of yogurt.
- Nuts and seeds may be used instead of granola.



Nutrition Facts	
2 servings per container	
Serving size 1/2 papaya (241g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 0g Added Sugars	0%
<b>Protein 10g</b>	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 1mg	6%
Potassium 568mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.