

Fun Food Feature of the Week!

Papaya

- Papayas are fruits that are native to Central America. The fruit was brought to the U.S. in the 20th century.
- Hawaii is the largest producer of papaya since the 1920s.
- The largest commercial producers of papaya today are the U.S., Puerto Rico, and Mexico.
- Papaya with reddish-orange colored skin will be ready to eat within one day of purchase; if the skin is yellow, the fruit will need 3-5 days to ripen before eating.
- Store ripe papayas in the refrigerator and leave unripe fruit out at room temperature.
- Papayas are VERY high in vitamin C and also a good source of folate, potassium, and fiber. www.whfoods.com



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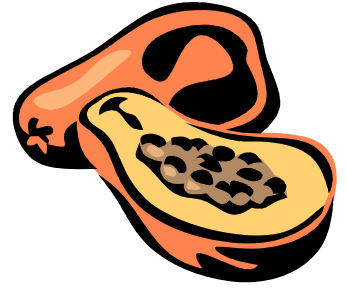
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Orange-Papaya Cooler

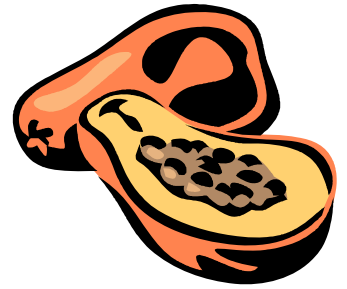
2 cups plain or vanilla fat free yogurt (may use sugar free, too)
1 can (6 oz) frozen orange juice concentrate
1 papaya, peeled, seeded, and diced (may use a peach as well)
1 teaspoon vanilla
1 cup of ice OR 10 large ice cubes OR 30 small ice cubes
1/4 cup sugar OR artificial sweetener to taste (optional)



Place all ingredients in a blender and blend for 30 seconds or until smooth. Serve immediately.
Exchanges: Makes 4 servings, 1.5 fruit, 1 skim milk per serving

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