

Rosita's Papaya Juice

From the kitchen of Rosita Arreguin, San Antonio

Preparation time: 15 minutes

Number of servings: 8

Ingredients:

1 ½ pound papaya, peeled

½ gallon water

¼ cup sugar (can also use artificial sweetener)

Ice cubes to chill

Preparation:

1. Cut papaya into small pieces.
2. Blend in blender or food processor on high.
3. Add papaya, sugar, or artificial sweetener to water and stir. Add ice to keep chilled.

Nutrition information per serving:

FAT: 1% of calories from fat (low)

FIBER: 1 gram (med)

CALORIES: 45



TIP

Papayas are rich in antioxidants like vitamins A and C.