



## Creamy Papaya Smoothie

**Servings:** 2

**Prep Time:** 5min

**Cook Time:** 0

### Ingredients

- 130g paw-paw/papaya
- 5ml powdered ginger
- ½ small tub vanilla flavoured yoghurt (90g)
- 5ml honey

### Directions

1. Use a blender, food processor or stick-processor to whip together the ingredients from any recipe, until smooth and well mixed.
2. Serve in 2 large glasses.