



Papaya Smoothie

Serving: 1

Veg

Ingredients

- -1 cup papaya, cut into chunks
- -water as required
- -crushed ice (as required)
- -1 tsp ground flaxseed

Preparation Method

- Combine the papaya, water, ice, and flaxseed. Process for about 30 seconds, or until smooth and frosty. SERVE