



Papaya Smoothie With Zinc

Serving: 1

Veg

Ingredients

- Serving - 2
- 1 cup sliced papaya
- 1 cup juice from orange or mausambi
- optional – 1 tsp lemon juice
- 2 soaked Fig
- 1 tsp flax seeds

Preparation Method

- Blend green chili with the juice till smooth. Add the papaya and blend further. Optional – squeeze some lemon juice.