

# Papaya Smoothie

Yield: 1 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/papaya-smoothie-recipe-indian>

## Ingredients:

- 1 cup papaya
- 1 cup cold milk
- ice cubes a few
- 3 teaspoons honey
- black pepper powder - dash,, optional

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 3 grams
8. Sodium: 190 milligrams
9. Sugar: 42 grams

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