

Beverages

Papaya Cooler

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

1 (about 2 cups) papaya, peeled, seeded and cubed

1 cup fresh strawberries

1 1/2 cups skim milk

1/4 cup honey

1 tablespoon lemon juice

4 ice cubes

In the container of a blender, combine all of the ingredients.

Process until smooth.

Serve immediately.

Yield: 4 cups

Per Serving (excluding unknown items): 295 Calories; 2g Fat (4.5% calories from fat); 15g Protein; 59g Carbohydrate; 9g Dietary Fiber; 7mg Cholesterol; 203mg Sodium. Exchanges: 2 1/2 Fruit; 1 1/2 Non-Fat Milk.