

# Papaya Mango Orange Smoothie

Serves 2.

By Dennis W. Viau; an original recipe.

I used to drink fruit smoothies everyday, until I became conscientious about carbohydrates. This simple smoothie has a tropical flavor that is satisfying and refreshing.

## **Ingredients:**

1 cup (240ml) orange juice  
1 cup (130g) chopped papaya  
1 cup (105g) chopped mango  
1 very ripe banana  
1 to 1½ oranges (or 3 Mandarins), peeled  
Optional: 1 tablespoon ground flax seed

## **Directions:**

Place all the ingredients in a blender and blend until smooth.

If using a high-end blender such as a Vitamix, the ingredients can be used frozen. Otherwise, thaw the ingredients in the refrigerator before using.

