

## Papaya with coconut yoghurt & granola



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Preparation 15 mins | Serves 4

- 1 cup thick natural yoghurt
- ¼ cup shredded coconut
- 700g (about 1 small) ripe papaya
- 1 tbs lime juice
- 2-3 cups Granola\* or toasted muesli,
- Reduced fat milk, to serve

*\* Granola is a crunchy roasted breakfast cereal made with rolled oats, nuts and honey or maple syrup. It's available from supermarkets*

**STEP 1** Combine yoghurt and coconut in a bowl. Set aside for 10 minutes.

**STEP 2** Meanwhile, peel and deseed papaya. Quarter lengthways and cut into ½cm-thick slices. Drizzle with lime juice.

**STEP 3** Spoon granola into serving bowls. Top with coconut yoghurt and papaya. Serve with milk.

### Good for you... **PAPAYA**

*One of the most nutritious fruits with a high content of vitamin C (200g would provide 2-3 day's supply) and beta carotene, which the body converts to vitamin A.*

