

## Papaya



**1** Cut fruit in half length ways.

**2** Using a spoon remove seeds. Seeds can be eaten if desired.

**3** Cut into slices and carefully peel away the skin. (as with Avocado)

1 slice  
= 1 of  
your 5 a  
day

## Tips

Serve on their own with a squeeze of lime or lemon juice or make tropical kebab's with papaya cubes, ham, pineapple chunks and prawns.