

Papaya breakfast bowls

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Preparation 10 mins | Serves 4

2 small (about 600g each) ripe papayas
1 lime, juiced
1 cup thick natural Greek-style yoghurt
1 cup granola or toasted muesli
125g blueberries
¼ cup chopped pistachios
honey, for drizzling
lime wedges, to serve

STEP 1 Halve papayas lengthways. Using a spoon, scoop out the seeds. Place papaya halves flesh-side-up onto a board. Drizzle with lime juice.

STEP 2 Top papaya with yoghurt, granola, blueberries and pistachios. Drizzle with honey. Serve with lime wedges.

Good for you... *PAPAYA*

One of the most nutritious fruits with a high content of vitamin C (200g would provide 3-4 day's supply) and beta carotene, which the body converts to vitamin A. A great way to get dietary fibre, which is needed to keep the intestine healthy. Rich in many antioxidants which help protect body tissues against some aspects of ageing.

