

Papaya Breakfast Bowl

2 SERVINGS 10 MIN

INGREDIENTS

- 1 ripe papaya halved lengthwise with seeds removed
- 2 cups low-fat, low sugar greek yogurt
- ½ cup granola, low sugar
- 2 teaspoons chia seeds
- additional toppings ideas: fresh fruit, flaxseed, nuts, seeds, honey

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PROCEDURE

1. Cut the papaya lengthwise. You'll know your papaya is ripe when you gently press near the stem and the fruit gives back a little. The skin of the papaya will become more yellow than green when it becomes ripe.
2. Scoop out and discard the black seeds with a spoon.
3. Fill the bottom of your boats with 1 cup yogurt. If you have smaller papayas, you may need to carve out more of the center to make room or just use less yogurt.
4. Add the rest of your toppings to your papaya boats!

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