



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Papaya Pineapple Smoothie

- 5 cups Fresh Papaya
- 3 cups Fresh Or Frozen Pineapple
- 1 Ripe Banana
- 1 cup Ice Cubes, spring or filtered water
- ¾ cup Unsweetened Coconut Milk
- 1 tsp Powdered Ginger
- 2 Papaya Slices (for garnish)
- 2 Pineapple Slices (for garnish)
- 2 Mint Leaves (for garnish)



1. Peel and dice pineapple.
2. Dice and seed papaya.
3. Combine pineapple, papaya, ice cubes, coconut milk, and ginger in blender. Puree until smooth.
4. Pour smoothie into 2 glasses.
5. Top each glass with papaya and pineapple slices and serve with a mint sprig!

Tip: Try mixing in a cup of mango and/or berries for an extra colorful flavor effect!

Extra Tip: Try substituting coconut water for the spring/filtered water for better hydration.

Image credit: <http://thatgirlcookshealthy.com/wp-content/uploads/2016/09/papaya-and-pineapple-smoothie.jpg>