

## Papaya and Orange Sparkler

Serves 4

- 1 small papaya, seeded and peeled
- 1 cup fresh orange juice (from about 2 oranges)
- 2 cups sparkling water or seltzer

1. Combine the papaya and orange juice in a blender and blend for about 2 minutes, until completely smooth. Stir in sparkling water.
2. Pour into 4 tall highball glasses and serve immediately.

<b>Nutritional Facts</b>		
Serving Size: 1/4 of recipe		
<b>Amount Per Serving</b>		
Calories: TK		
Total Fat	0	g
Saturated Fat	0	g
Cholesterol	0	mg
Sodium	5	mg
Total Carbohydrate	11	g
Sugar	8	g
Dietary Fiber	1	g
Protein	1	g