

# Papaya, Lime & Coconut

Prep: 5 mins  
GF, DF & V

Papaya contains a digestive enzyme called papain. In places like Fiji, they use papaya to tenderise their abalone, squid and some other meats. This means it aids in the digestion of proteins. It also has a nice amount of vitamin C. It's one of my all-time fave breakfasts on Mother's Day.

## **Ingredients**

- 1 red papaya
- 1 lime
- 1 tbsp desiccated coconut
- ½ cup coconut yogurt

## **Method**

Cut papaya in half and remove the seeds. Peel off the papaya skin and slice lengthways. Drizzle with fresh lime juice, sprinkle on desiccated coconut and serve with yogurt.

