

## Banana Papaya Pudding

by Nomi Shannon

**Approximately 1 cup ripe papaya, peeled and seeded  
1 banana peeled and cut into chunks**

Put the papaya in the blender and blend just enough to break up the fruit. Add the banana and blend until smooth. Eat immediately.

Variation 1: add 1-2 tablespoons raw almond butter and blend

Variation 2: add 2-3 tablespoons sesame tahini, blend.



Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>