

Papaya Boats

Papayas stuffed with yogurt, raisins, strawberries, and walnuts are topped with honey. Choose ripe papayas with reddish-brown skin that is soft to the touch; avoid green papayas, as they are not yet ripe. Organic ingredients taste best!

Recipe by [Nuria Martin](#) | Created on **Nov 17, 2021**

Ingredients

- 1 cup fat-free plain yogurt
- ¼ cup walnuts
- ¼ cup raisins
- 1 cup chopped fresh strawberries
- 2 medium papayas, cut in half lengthwise and seeded
- 2 tablespoons honey

Directions

- In a bowl, mix the yogurt, walnuts, and raisins. Fold in the strawberries. Spoon the mixture into the centers of the papaya halves. Drizzle with honey to serve.

Nutrition Facts

Serving: **4 servings** | Calories: **189.7 kcal** | Carbohydrates: **33.4 g** | Protein: **5.7 g** | Saturated fat: **0.6 g** | Cholesterol: **1.2 mg** | Sodium: **51.7 mg** | Fiber: **3.1 g** | Sugar: **26.2 g**

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