

Pink Grapefruit & Papaya Smoothie

Ingredients:

- 1 pink grapefruit (peeled, seeds removed)
- 1 cup ripe papaya (cubed)
- 1 banana (frozen)
- 1 cup coconut water
- 1 tsp honey (optional)

Instructions:

1. Blend grapefruit, papaya, banana, and coconut water until smooth.
2. Taste and add honey if you like sweetness.
3. Serve cold as a refreshing smoothie.

Benefits:

Papaya and grapefruit are rich in lycopene, supporting skin repair and reducing inflammation. Banana adds creaminess and potassium for hydration.