Hawaiian Sunrise Smoothie
*Makes 2 servings*

2 T. Quick oats
1/2 c. Lowfat milk
1/2 Very ripe papaya
1 Large, frozen banana
1 T. Orange juice concentrate
1 tsp. Vanilla extract
4 Ice cubes
2 T. Fat-free whipped topping

1. Soak the oats in the milk for 30 minutes in the refrigerator.
2. Seed and peel papaya.
3. Combine oats, milk, papaya, orange concentrate, vanilla and ice in a blender and puree till smooth.
4. Divide into 2 portions, top each with 1 T. whipped topping.