



DRAGON FRUIT SMOOTHIE

1 cup
dragon fruit
(diced)
1 banana
1/2 cup yogurt
1/2 cup milk
1 tsp honey



DRAGON FRUIT SALSA

1 cup dragon
fruit (diced)
1/2 cup pineapple
1/4 cup red bell pepper
1/4 cup red onion
1 tbsp cilantro (chopped)



DRAGON FRUIT SALAD

1 cup
dragon fruit
(diced)
1 cup strawberries
2 kiwi (sliced)
1/2 cup blueberries



DRAGON FRUIT SORBET

2 cups dragon
fruit
(diced & frozen)
1/4 cup sugar
1 tbsp lime juice
1/4 cup water



DRAGON FRUIT CHIA PUDDING

3/4 cup dragon
fruit (diced)
1 1/2 cups coconut milk
3 tbsp chia seeds
1 tbsp maple syrup



DRAGON FRUIT SMOOTHIE BOWL

1 cup dragon
fruit (diced
& frozen)
1/2 cup mixed berries
1/4 cup milk
1/4 banana (sliced)
1 tbsp shredded coconut