

DRAGON FRUIT SMOOTHIE

Ingredients

- 1/2 dragon fruit
- 1/2 cup mango (frozen)
- 1/2 cup pineapple (frozen)
- 1/2 cup 100% juice (apple, orange, white grape)

Instructions

Wash and dry dragon fruit.

Blend together all ingredients in a blender until you've reached a smooth consistency.

Serve immediately.



Simple Dragon Food Ideas

