

DRAGON FRUIT SMOOTHIE

I'm sure you will love this tropical inspired smoothie. Pitaya is a cactus fruit is loaded with antioxidants, vitamin C, fiber, Omega 6-3 fatty acids and calcium. Within its vibrant fuchsia skin with lime green colored peaks is a white or pink meat full of edible seeds with a texture that reminds you of a kiwi. Pitaya (dragon fruit) is indigenous to Israel, Central and South America and Thailand. You can find this fruit in Asian markets and your local Whole Foods.

SERVINGS: 2-4 PREP TIME: 10 MIN IDEAL FOR: MID-DAY



INGREDIENTS

- 1 organic Banana (frozen or fresh)
- 1/2 cup of organic blueberries (fresh or frozen)
- 1/2 cup of Coconut Milk
- 1 TBSP of Chia Seeds (ground)
- 1 - 2 Dragonfruits
- 1/2 cup of Pineapple (fresh or frozen)



HOW TO PREPARE

1. Add coconut milk to blender.
2. Cut the Dragon Fruit in half. With a spoon scoop the meat out of the Dragonfruit into the blender. Discard the skin.
3. Add your remaining ingredients.
4. Blend for one minute on medium-high speed.



SERVE + ENJOY

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