

Shopping List

Dragon Fruit Smoothie Bowl

Yield: 1 smoothie bowl

Ingredients

for the smoothie:

Frozen mango - 1 cup, chopped

Frozen pineapple - 1 cup, chopped

Frozen pitaya (dragon fruit) puree - 1 packets

Baby Spinach (or other green) - 2 handfuls

1/2 Kiwi - peeled

Almond Milk - 1/2 cup

Protein Powder - 1/2 scoop

for the bowl:

Granola (for example, Lemon Blueberry Granola)

Chopped fresh fruit of choice: strawberries, banana, kiwi, mango, blueberries, blackberries, raspberries

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Instructions

Combine the smoothie ingredients in the blender and blend until smooth.

Pour about 1/4 cup of granola into each serving bowl. Top with the smoothie. Top with more granola and fresh fruit of choice. Serve immediately. Enjoy!



See: EnergyHealthTeam.com/dragon-fruit-smoothie-recipe/