

Dragon Fruit Smoothie

Serves: 3

Prep time: 5 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

1 cup frozen pink dragon fruit chunks

1 medium banana

1 cup frozen blueberries

$\frac{3}{4}$ cup reduced fat milk

1 tablespoon instant skim milk powder (*optional*)

$\frac{1}{2}$ lime, juiced

Method

ADD all ingredients to a blender.

BLEND on high speed until very smooth.

ADD more milk as necessary to thin to desired texture.

POUR into glasses and serve immediately.



Everyday Food

Recipe courtesy of the Country Kitchens 2023 Product of the Year Recipe Collection - Dragon Fruit