Dragon Fruit and Honey Smoothie

A perfectly balanced mix of sweet and fruity, and oh so refreshing. This dragon fruit smoothie boasts a bright pink colour that tastes just as good as it looks! Sip in on a warm day for a hydrating pick-me-up.

SKILL LEVEL
Easy

SERVINGS
2

Ingredients

- 2 tbsp Capilano Pure Honey
- 200g Dragon fruit, cubed and frozen + 1/2 Dragon fruit, to serve
- 125g Mixed frozen berries (we used blackberries and raspberries)

Method

1. Combine all ingredients in a high powdered blender and blend on high until smooth pausing to scrape down sides of blender halfway through.
2. Divide the smoothie between two glasses and top with chia seeds and the dragon fruit cut into balls with a melon baller.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 1/2 cup Greek yoghurt or milk free alternative
- Juice 1/2 Lime
- 1 tbsp Chia seeds
- 1 cup milk or milk alternative

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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