



## 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 Honey](#)
- 200g Dragon fruit, cubed and frozen + 1/2 Dragon fruit, to serve
- 125g Mixed frozen berries (we used blackberries and raspberries)
- 1/2 cup Greek yoghurt or milk free alternative

### 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 [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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

Used in this recipe

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