



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

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

Used in this recipe



### Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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