




DRAGON FRUIT SMOOTHIE BOWL

 10 minutes
 25 minutes
 2 portions

INGREDIENTS

- 1/4 cup, chunks of pineapple, frozen, chunks, sweetened [61 g]
- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 1 cup pieces of mangos, raw [165 g]
- 1/4 cup, halves of strawberries, raw [38 g]
- 0.18 cups, shredded of nuts, coconut meat, dried [desiccated], sweetened, shredded [17 g]
- 1 oz of seeds, chia seeds, dried [28 g]

COOKING METHOD

- 1° DirectionsInstructions Checklist Step 1 Combine pineapple, banana, and 3/4 cup pitaya in a blender; puree until smooth, about 30 seconds. Stir in chia. Transfer to two bowls; chill for 15 minutes. Top each bowl with strawberries, coconut, and the remaining 1/4 cup pitaya.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [214 g]	% DRI
ENERGY	115 kcal	245 kcal	12 %
FAT	4 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	16 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	12 mg	26 mg	1 %
CARBOHYDRATE	21 g	44 g	15 %
SUGARS	14 g	29 g	—
FIBER	4 g	9 g	35 %
PROTEIN	2 g	4 g	—