



GENESIS
-HEALTH REVOLUTION-

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Dragon Fruit Smoothie

INGREDIENTS:

8 ounces Dragon Fruit - frozen
1/2 cup Frozen Mango - chunks
1 small Banana - cut into pieces (or
1/2 large banana)
1 1/4 cup almond milk
1/4-1/2 cup Ice Cubes
1 tablespoon Lime Juice
1/2-1 tsp turmeric

DIRECTIONS:

This smoothie is full of nutrients and antioxidants.

- Add all the smoothie ingredients to a blender.
- Blend on the high-speed setting until smooth. You can thin out the smoothie by adding a splash more milk or water.
- Serve immediately.

Opt: add 1 scoop vanilla protein powder.



