

Dragon Fruit Smoothie

Vibrant Dragon Fruit Smoothie with berries, yogurt, and chia seeds. Quick 5-minute healthy breakfast packed with vitamins and antioxidants.

5 min

PREP

5 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 cup dragon fruit
- 1 cup raspberry
- 1 cup blackberry
- 150 g strained yogurt
- 1 cup almond milk
- 2 tbsp chia
- 1 tsp lime juice
- 1 tsp ginger powder

Instructions

1 Prepare the fruit

Cut 150g dragon fruit into small cubes, removing the skin completely. Rinse 1 cup fresh raspberries and 1 cup fresh blackberries in cold water, then drain thoroughly.

2 Add ingredients to blender

Place the cubed dragon fruit, raspberries, blackberries, 1 cup unsweetened yogurt, 2 tablespoons chia seeds, 1 teaspoon fresh lime juice, and 1 teaspoon grated fresh ginger into your blender jar.

3 Blend the smoothie

Start blending on low speed for 10-15 seconds, then increase to high speed. Blend for 30-45 seconds until the mixture is completely smooth and no fruit chunks remain.

4 Adjust consistency

Add 1 cup almond milk gradually while blending on medium speed until the smoothie reaches your desired

consistency - it should pour easily but still be thick enough to hold toppings.

5 **Serve immediately**

Pour the smoothie into a tall glass and serve immediately for the best texture and freshness.

Tips

Use frozen dragon fruit and berries for the thickest, creamiest texture without needing to add ice, which can dilute the flavor.

Start your blender on low speed and gradually increase to high to ensure all ingredients are properly incorporated and to prevent the blender from jamming.

Add liquid gradually—you can always add more, but you can't take it out. Start with less than the recipe calls for and adjust to your preferred consistency.

For extra protein, add a scoop of vanilla protein powder or a tablespoon of almond butter, which will also enhance the creamy texture.

Pre-soak chia seeds in a small amount of liquid for 10 minutes before adding to create a gel-like consistency that blends more smoothly.

Taste and adjust sweetness as needed—dragon fruit sweetness can vary, so you might want to add a pitted date or a touch of honey if your fruit isn't very sweet.

For the most Instagram-worthy presentation, reserve some diced dragon fruit and berries to use as colorful toppings along with extra chia seeds.

Clean your blender immediately after use by filling it with warm water and a drop of dish soap, then running it for 30 seconds—the smoothie will rinse right out.