

# Dragon Fruit Smoothie

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*1 tablespoon chia seeds*  
*1 cup frozen dragon fruit chunks*  
*1 Bartlett pear, peeled and chopped*  
*3/4 cup frozen pitted cherries*  
*1 tablespoon lime juice*  
*1 tablespoon honey*  
*2 teaspoons chopped fresh ginger*  
*lime wedge (for garnish)*

Soak the chia seeds in water for 5 minutes.  
Drain.

In a blender, combine the dragon fruit chunks, Bartlett pear, pitted cherries, lime juice, honey and fresh ginger. Blend until smooth.

Stir in the chia seeds.

Pour into a glass.

Garnish with a wedge of lime.

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Per Serving (excluding unknown items): 239 Calories; 5g Fat (15.8% calories from fat); 3g Protein; 52g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; 1/2 Fat; 1 Other Carbohydrates.