

The Ultimate Dragon Fruit Smoothie Bowl for a Healthy Breakfast

Some meals are so vibrant and beautiful they feel like a work of art. This



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INGREDIENTS

1 frozen dragon fruit (pitaya) pack or 1 fresh pink dragon fruit, peeled and cubed
1 banana, frozen for extra creaminess
1/2 cup frozen mango or pineapple chunks
1/4 cup coconut milk or almond milk
Banana slices
Mango cubes
Fresh raspberries
Coconut flakes
Chia seeds

DIRECTIONS

- 1.** Prepare the : Smoothie Base: In a high-speed blender, combine the frozen dragon fruit, frozen banana, frozen mango (or pineapple), and coconut milk.
- 2.** Blend: Start blending on a low speed and gradually increase to high. Use a tamper or spatula to push the fruit down toward the blades. Blend until the mixture is completely smooth and creamy. You may need to stop and scrape down the sides a couple of times.
- 3.** Pour and : Assemble: Pour the thick, vibrant pink smoothie base into a bowl.
- 4.** Top: Now for the fun part! Arrange your favorite toppings beautifully over the top of the smoothie. Place the banana slices, mango cubes, and fresh raspberries in little sections. Sprinkle with coconut flakes and chia seeds.
- 5.** Serve: Serve the smoothie bowl immediately with a spoon and enjoy all the tropical goodness!

SWAPS & NOTES

Dragon Fruit: The frozen dragon fruit packs are great because they are already portioned and give you a beautiful, consistent color.

If you use fresh dragon fruit, you might need to add a few ice cubes to get a thicker consistency.

Milk: Coconut milk gives the bowl a rich, tropical flavor.

You can also use almond milk, soy milk, or regular milk.

TIPS FOR SUCCESS

Frozen Fruit is Key: Using frozen fruit is essential for getting a thick, scoopable smoothie bowl that won't melt too quickly.

Start with Less Liquid: It's easier to add more liquid than to take it away.

Start with 1/4 cup of milk and add more if you need to.

Use a High-Powered Blender: A high-speed blender will give you the smoothest, creamiest result.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-dragon-fruit-smoothie-bowl-for-a-healthy-breakfast/>