



# DRAGON FRUIT



**Growing season:** June-September, August and September are peak months.

**Where is it grown?:** It is grown all over the world, but especially in California, Florida, and Australia.

**Why is it called a dragon fruit?** The spikes resemble fire and the scales resemble that of a dragon, as depicted in Chinese mythology.

**How does it taste:** Dragon fruit tastes a little bit like the combination of a kiwi fruit and a pear.

#### **Nutrition Facts:**

Dragon fruit contains lots of vitamin C, which is good for your skin and your bones. Dragon fruit contains antioxidants, calcium, magnesium, iron, and B vitamins. Which is good for your eyes, skin, teeth, and boosting your immune system.

#### **Did you know:**

- The inside of a dragon fruit can be red, pink or white and sprinkled with tiny, edible, black seeds.
- A dragon fruit grows on a cactus, not a tree.
- The dragon fruit flower blooms from evening to midnight, and so it is pollinated at night by moths and bats.

## **DRAGON FRUIT POPSICLES**

### **Ingredients**

- 3 cups dragon fruit frozen or fresh
- 1 cup raspberries frozen or fresh
- 2 oranges, juiced
- 1 lime, juiced
- 1/2 cup coconut water
- 1/2 cup sugar or sugar syrup optional

### **Directions**

1. Combine all ingredients in blender until fully blended. Add extra coconut water if needed to get desired consistency. Optionally, add up to 1/2 cup sugar for desired sweetness level.
2. Pour dragon fruit mixture into popsicle mold and add wooden popsicle sticks. Freeze for 4-6 hours, or until fully frozen.
3. Remove popsicles from the mold.