



Try a New Vitamin Rich Fruit

Dragon Fruit Salad with Hot Honey Dressing

Packed with vitamin C and energy-enhancing vitamin B

Hot Honey Dressing:

- 2 Tablespoons liquid coconut oil
- 1 Tablespoon fresh lemon juice
- 2 teaspoons honey
- 2 to 3 drops hot sauce
- 2 mint leaves, minced or tiny leaves as desired

Fruit Salad

- 1 ripe dragon fruit
- Green or red lettuce leaves or celery leaves as desired
- 1/4 cup small fresh raspberries or as desired

Prepare the Salad Dressing: In a separate small bowl, prepare the dressing by whisking the dressing ingredients together to combine.

Slicing the Dragon Fruit: Cut the dragon fruit in half. With a spoon, scoop out the dotted dragon flesh. Place the dragon shells on the side. Cut the fruit into small cubes. Place in a bowl; chill in the refrigerator until ready to make the salad.

Serving the Salad: Arrange lettuce leaves inside dragon shells; arrange the dragon fruit and raspberries inside the shells. Drizzle with prepared dressing before serving. Yield: 2 small fruit salads

About the Recipe: Dragon Fruit, a bright pink-to-red colored flower of a tropical plant. is popular in South America and Asia. The inside fruit contains a slightly sweet and creamy flesh that tastes like a pear mixed with a kiwi. It is a delightful addition to a fruit salad since it has an impressive antioxidant punch from vitamin C with some energy-enhancing B vitamins.