

# Dragon Fruit Super Smoothie



PREP TIME:  
5 MINUTES

COOK TIME:  
N/A

TOTAL TIME:  
6 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

## Ingredients:

- 1 ½ Cups Ice (add more for thicker smoothie)
- 1 – 1 ½ Cups Unsweetened Non-Dairy Milk
- 1 Scoop Organic Vanilla Vegan Protein
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- ½ Cup Frozen Dragon Fruit or 1 single 3.5 oz Pouch (AKA Pitaya)
- 1-2 Pitted Medjool Dates
- 1- 2 TBSP Coconut Cream
- **Optional: 1 Scoop Collagen Powder**
- **Optional: Top with 1 Teaspoon Cacao Nibs**

## Instructions:

1. In single-serve blender – add ice and then milk.
2. Add remaining ingredients.
3. Blend on high for about 20-30 seconds. Can blend longer for creamier smoothie. May have to add more non-dairy milk getting to desired consistency. Pour into glass and enjoy.
4. **Optional:** Top with 1 teaspoon of cacao nibs.

**\*Try and use all organic ingredients if possible.**

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