



## Dragonfruit Bowl

Chef and Wellness Expert Charles Chen shares how to make this refreshing dish exclusively on Instagram @PicklerAndBenFood. Charles uses a NutriMilk Nut Processor to blend the fruit, but feel free to use a regular blender instead. The beauty of this recipe is you can make it all your own by garnishing it with your favorite fruits, seeds, and nuts.

### **Dragonfruit Bowl**

*Serves 1*

#### Ingredients

1 cup fresh strawberries, hulled and halved  
1/2 cup water  
1 (3.5 ounce) package frozen pitaya puree  
1/2 cup frozen pineapple chunks  
1/2 frozen banana  
1 teaspoon local honey  
1/4 cup fresh raspberries  
1 tablespoon almond butter, or to taste  
1 tablespoon large coconut flakes, or to taste  
1 tablespoon pepitas, to taste  
1 teaspoon chia seeds, to taste  
1 teaspoon bee pollen, to taste

#### Directions

1. In the base of a Nutrimilk Nut Processor or blender, blend strawberries, water, pitaya puree, pineapple, and banana until smooth. Stir in honey.
2. Transfer to a bowl and top with raspberries, almond butter, coconut flakes, pepitas, chia, and bee pollen. Serve immediately.

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