



**Thought
Foodness**

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WEST VIRGINIA HARVEST™



**Featuring
Dragon Fruit**



Did You Know?

Dragon Fruit

Where I grow best:

Dragon fruit grows on a climbing cactus in places that are warm and humid and don't have really cold winters. The plant needs lots of sunshine and can grow on things like fences or special plant supports. The fruit is bright pink or yellow on the outside and can be white or red on the inside with tiny black seeds. Dragon fruit is full of healthy stuff and grows best in tropical and warm, sunny areas!

My Nutritional Superpowers include:

Dragon fruit is full of antioxidants. These are natural helpers that protect your body's cells from things called free radicals, which can sometimes cause problems like cancer or make us age faster. Dragon fruit is low in calories but high in fiber, which helps you feel full longer after eating. Plus, like other fruits, it has a lot of water to keep you hydrated. It makes a tasty, healthy snack!

I taste great in meals like:

Dragon Fruit Smoothie, Dragon Fruit Salad, and Dragon Fruit Lemonade.



You can find fresh and frozen **Dragon Fruit** at grocery stores and Walmart in **West Virginia!**



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Recipe Spotlight

Dragon Fruit Smoothie

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Add Ingredients: Put the frozen fruit, milk, lime juice, and ice cubes into a blender.
2. Blend until it's smooth and creamy.
3. Adjust: If it's too thick, add a little more milk until it's just right.
4. Enjoy your tasty and healthy smoothie!

What you will need:

- 1 cup frozen dragon fruit (cubed)
- 1 cup frozen mango (cubed)
- 2 frozen bananas (cut into quarters)
- $\frac{3}{4}$ cup almond milk (or coconut milk)
- 2 tablespoons lime juice
- 2-4 ice cubes

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.




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