

Pitaya Protein Bowl



Pitaya, also known as Dragon fruit is rich in antioxidants, magnesium, fibre, active enzymes, and vitamin B. This bright pink fruit not only gives you the nutrients needed but also makes a delicious breakfast bowl! Protein powder is also included in this recipe to keep you fuller throughout the day. Enjoy!

Ingredients:

- 1 frozen pitaya pack (or a cup of frozen berries)
- 1 banana
- 1 serving protein powder (Vanilla + Coconut is used in this recipe)
- 1 cup ice

Toppings:

- 1/4 cup blueberries
- 1/2 nectarine, finely chopped
- 1 tablespoon shredded coconut
- 1 tablespoon walnuts
- 1 teaspoon chia seeds

Method:

In a blender, combine all ingredients and blend on high for 30 seconds. Pour into a bowl and top with toppings of choice.

Recipe and image courtesy of Juliaandlibby.com