



Fil d'OR



FILDRAGONFRUITDETOX

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RECIPE

- 3 cup dragon fruit puree
- 1 cup banana puree
- 1 cup coconut puree
- 1" ginger nub water
- Blend

HEALTH BENEFITS

- One study showed that dragon fruit had a notable impact on oxidative stress and aortic stiffness in diabetic rats, suggesting the fruit may be beneficial at preventing complications associated with diabetes.
- The same study indicates regular consumption of dragon fruit may lower the risks of developing heart disease and developing high blood pressure.

- Dragon fruit is high in antioxidants. Studies show that antioxidants may be effective at lowering risk of certain types of cancer.
- The seeds contain omega-3 fats. A great deal of research shows that omega-3 fatty acids can fight inflammation and autoimmune diseases.
- Because of its nutritional makeup, including antioxidants, monounsaturated fats, vitamins, minerals, enzymes, and fiber, dragon fruit is a beauty-enhancing fruit.
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