



Fil d'OR



DRAGONFRUITDETOX



RECIPE

- 3 cup Dragon fruit puree
- 1 cup Banana puree
- 1 cup Coconut puree
- 1" ginger juice
- 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.