



FOOD FOR THOUGHT:

Dazzling Dragon Fruit

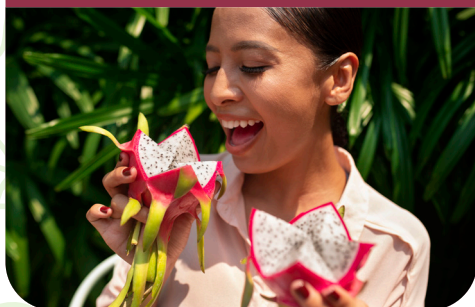
DRAGON FRUIT FUN FACTS:

- The inside of a dragon fruit can appear white or pink and has black seeds. Feel free to eat the seeds! They are edible!
- How can you tell if a dragon fruit is ready to eat? Unripe, green dragon fruit turns bright red when it's ready to eat.
- Don't know how to eat it? Dragon fruit can be cut in half. Then scoop out the delicious inside with a spoon.
- Dragon fruit contains iron. Iron is important for moving oxygen through your body and giving you energy. Vitamin C in dragon fruit helps your body take in and use the iron.



TRY THIS AT HOME!

- Fresh on its own
- Blended in a smoothie
- In a pitaya bowl
- With yogurt or ice cream



DID YOU KNOW?

- Dragon fruit was named based on its appearance. It looks as if they have scales like that of a leathery dragon!
- Dragon fruit grow on cacti called hylocereus. Cacti are succulent plants that can survive in hot, dry weather for long periods of time.



TRIVIA QUESTION:

How many varieties of dragon fruit are there?

- A 4** **B 40** **C 400** **D 4,000**

Flip page for answer *



PITAYA BOWL (DRAGONFRUIT SMOOTHIE BOWL)

Servings: 2

Ingredients:

Bowl

- 1 frozen banana, chopped
- 1 cup frozen mango chunks
- 1 cup frozen dragon fruit chunks
- ½ cup coconut milk

Toppings (optional)

- Coconut flakes
- Fresh fruit
- Granola
- Honey

Instructions:

1. Add the frozen fruit to a food processor. Allow to sit at room temperature for about 5 minutes to gently thaw before starting process.
2. Add coconut milk, and then process until very smooth.
3. Use a spoon to push down any chunks of fruit that aren't processing.
4. Pour mixture into a bowl and top with fruit, coconut flakes, etc. Serve and enjoy!



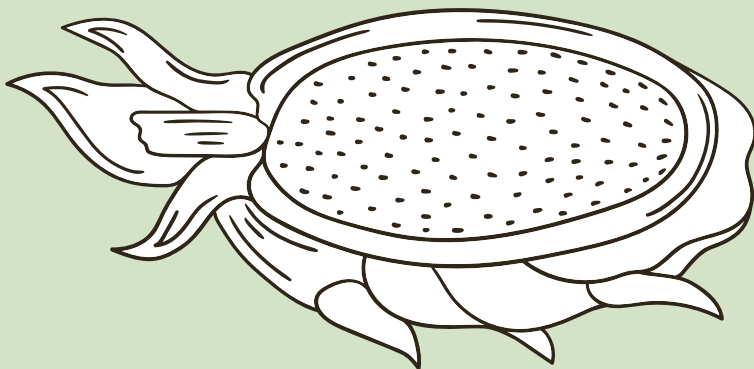
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**FEED THE DRAGON THEIR
FAVORITE FRUIT!**

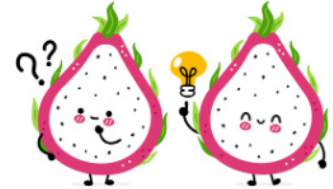


COLOR IN THE DRAGON FRUIT



Answer: A

**CAN YOU
UNSCRAMBLE
THESE WORDS?**



- 1 **DNROAG** _____
- 2 **CLEUNTSUC** _____
- 3 **AITYPA** _____
- 4 **TFRIU** _____
- 5 **UEYOREHSCL** _____
- 6 **RINO** _____
- 7 **IANVTSIM** _____
- 8 **CRCYNUH** _____
- 9 **RUOS** _____
- 10 **AROTICLP** _____
- 11 **SSDEE** _____
- 12 **CTUSCA** _____
- 13 **YENREG** _____
- 14 **TEWSE** _____
- 15 **KPNI** _____

