



Brazilian Dragon Fruit Lemonade (Pink Lemonade)

Priscila · 02/06/2024



Prep Time

5 min.

Difficult

Easy

Servings

5

Description

Brazilian Dragon Fruit Lemonade is a refreshing and visually striking beverage that blends the citrusy flavor of lemon with the sweet and exotic taste of dragon fruit, also known as pitaya. This drink not only delights the palate with its unique combination of flavors but also offers a variety of health benefits, making it an excellent choice for those seeking healthy beverage options. Dragon fruit is rich in antioxidants, vitamins such as vitamin C, and minerals, which can help strengthen the immune system and combat free radicals. Moreover, it is a good source of fiber, contributing to digestive health and aiding in the regulation of blood sugar levels. Lemon, on the other hand, is known for its alkalizing and detoxifying properties, in addition to being an excellent source of vitamin C, which supports immunity and skin health. The addition of honey not only naturally sweetens the beverage but also brings its own benefits, such as antibacterial and antioxidant properties. The mint leaves not only decorate the drink but also add a refreshing touch and can aid in digestion.

Ingredients

- 1 liter of water
- 1 and 1/2 dragon fruits
- chopped
- Juice of 3 lemons
- Honey to taste for sweetening
- Mint leaves for garnish

Instructions

1. Place all ingredients except for the mint leaves into a blender and blend until well mixed
2. Pour the juice into glasses and garnish with mint leaves on top.
3. Serve immediately. Enjoy your meal.