

Dragon Fruit Pitaya

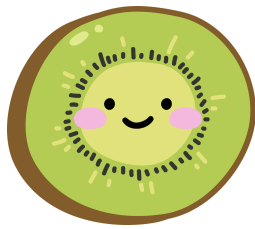


Look: Dragon Fruit are oval to oblong in shape and are primarily categorized by their flesh color, red, white, or purple. The flesh is white and dotted with tiny black edible seeds.

Taste: The Dragon Fruit tastes juicy, spongy yet dense, with a subtly sweet flavor. Yellow skinned dragon fruit tends to be the sweetest.

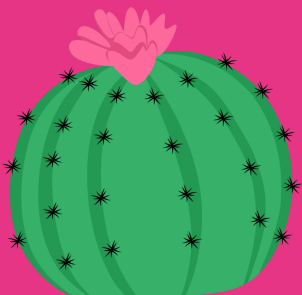
Touch: Dragon fruit skin overlaps and has flexible tips that protrude out. The flesh is smooth with tiny crunchy seeds.

Dragon Fruit tastes like a blend of kiwi, pear, and watermelon,



Did you know?

Dragon fruit grows on a cactus not a tree!!



Health Benefits

- Rich in nutrients containing antioxidants, fiber, magnesium, iron, and vitamins C and E.
- A hydrating fruit that supports energy and muscle recovery.