

# Dragon Fruit Smoothie Bowl Popsicles

Makes 6 Popsicles



## INGREDIENTS

- 2 frozen bananas
- 2 tbsp dragon fruit powder
- 1 cup frozen berries
- Juice of 1 lemon
- A few fresh fruits (I like to add kiwi)
- Superfoods of choice (optional – coconut, maca powder, etc.)
- ½-1 cup liquid (juice or milk alternative)
- 2-3 packs Dragon Fruit Lemon Zest Supernola

**Helpful hint:** To peel a frozen banana, run over hot water for about a minute, or simply peel and then freeze.

## INSTRUCTIONS

1. Peel frozen banana and combine all ingredients in blender
2. Scrape down sides often if your blender gets stuck
3. Break apart the Supernola clusters and put in the bottom of the popsicle molds — the more you can push them down to the bottom the better.
4. Pour smoothie into popsicle molds
5. Add fresh fruits or coconut shreds to the sides or top
6. Add in sticks and freeze for 2 hours or until ready to eat
7. Pop out and take your smoothie bowl to go!

## Superfood Highlight: Dragon Fruit

- Fun fact: dragon fruit is actually the fruit of a cactus tree!
- Dragon fruit is low in calories but packed with essential vitamins and minerals.
- Dragon fruit contains several types of potent antioxidants and its loaded with fiber.



Supernola.