

## 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.)

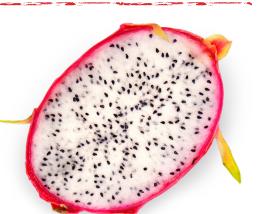
 $\frac{1}{2}$ -1 cup liquid (juice or milk alternative)

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.