

dragonfruit

A tropical flavor
that hints of
both pears and
strawberries

- Enjoy by the spoonful
- Snack on slices
- Blend into a great drink
- Toss into a salad, then
make dragonfruit the dish

ripe when it gives to
a gentle squeeze



Dragonfruit is high in
vitamin C and also a
good source of fiber and
antioxidants.



Also known
as pitaya or
strawberry pear

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and recipes



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