

Zucchini Bread Recipes

# Dragonfruit Lemonade Recipe

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| **10 min**<br>Prep time | **10 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Main Ingredients

- [ ] 2 cups dragonfruit flesh (about 1 medium fruit), cubed
- [ ] 1/2 cup freshly squeezed lemon juice (about 3 lemons)
- [ ] 2 tbsp honey or agave syrup
- [ ] 1 cup sparkling water, chilled
- [ ] 1/4 tsp sea salt
- [ ] Ice cubes

### Optional Enhancements

- [ ] 1 tbsp lime juice for extra brightness
- [ ] Fresh mint leaves for garnish
- [ ] Lemon zest to sprinkle on top

## Instructions

1. Peel and cube the dragonfruit, then place the pieces in a blender.



2. Add lemon juice, honey, and a pinch of sea salt; blend until smooth.



3. Taste and adjust sweetness; if it’s too tart, drizzle in a little more honey.



4. Strain the mixture through a fine-mesh sieve into a pitcher, pressing gently to extract liquid.



5 Stir in sparkling water and optional lime juice, then add ice.



6 Serve in tall glasses, garnish with mint and a lemon wheel, and enjoy immediately.



## Nutrition per serving

| 95 kcal | 2 g | 24 g | 0 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a thicker texture, keep a few bits of the fruit pulp in the drink.
- Adjust the amount of sparkling water to control the fizz level.
- For a cooler drink, pre-chill the pitcher and glasses.