



THAI-DRATION

BASIL | PINEAPPLE | DRAGONFRUIT | GINGER SMOOTHIE

- 250g Pineapple
- 1 Small Red Dragonfruit
- 0.6g Dr. Turmeric Bamboo Ginger Powder
- 4g Fresh Thai Basil + 1 sprig for garnish

Wash and dice fruits. Add to a high-powered blender and blend on high for 40 seconds. Garnish with fresh basil.

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Dragonfruit has a reputation to be the “prettiest” fruit with flavor that leaves something to be desired. It isn’t the sweetest, but if it’s a good ripe one there is a nice floral quality that is played on nicely with this combination of sweetness from the pineapple, aromatics from the basil, and a touch of ginger for heat.

Dragonfruit is also known to be high in anthocyanins, and is a strong antioxidant good for longevity.

