

Dragon Fruit Smoothie Bowl

THM-Friendly: E

- 1 small dragon fruit
- 1/2 small banana
- 1/4 cup pineapple
- 1/2 tsp beet powder (if you are using red dragon fruit, you can skip this - it's only for color)
- 3/4 cup non-fat plain Greek yogurt

The night before you want to make this, chop the fruit, throw in a ziplock, and freeze.

In the morning, add fruit and yogurt to your blender.

Blend on the lowest setting until perfectly smooth.

Pour in a bowl; top with a small sprinkle of chia seeds and a small sprinkle of unsweetened coconut (use less than a tsp. total to remain in THM E mode).

enJOY!

