



DRAGONFRUIT SUNRISE SMOOTHIE

SERVES 1: 20 OZ

@KICKCRAMPSASS

INGREDIENTS

- 1/2 CUP DRAGONFRUIT (PITAYA)
- 1/2 CUP MANGO
- 1/4 CUP PEACH
- 1/4 CUP PINEAPPLE
- 3/4 CUP ORANGE JUICE, FRESH SQUEEZED
- 1/4 CUP LEMON JUICE, FRESH SQUEEZED
- 1 TABLESPOON HEMP SEEDS
- 1 TABLESPOON PUMPKIN SEEDS
- 1 DATE, CUT OR TORN INTO PIECES
- 1 OZ GINGER, FRESH (SMALL CHUNK)
- 1 OZ TURMERIC, FRESH (SMALL CHUNK)

PROCEDURE

- 01 COMBINE ALL OF YOUR INGREDIENTS IN THE BLENDER AND BLEND UNTIL SMOOTH.

NUTRITION FACTS

- CALORIES: 503
- TOTAL FAT: 10.62G
- SATURATED FAT: 1.83G
- SODIUM: 36MG
- POTASSIUM: 1821MG
- TOTAL CARBOHYDRATES: 102.32G
- DIETARY FIBER: 14.2G
- SUGARS: 64.67G (NO ADDED SUGAR)
- PROTEIN: 11.18G
- VITAMIN A: 2351IU
- MAGNESIUM: 203MG
- PHOSPHOROUS: 325MG
- VITAMIN C: 200.8MG
- CALCIUM: 128MG
- IRON: 17.97MG
- VITAMIN K: 13.2UG
- ZINC: 2.87MG
- VITAMIN E: 6.42MG

- 02 ENJOY!