

DRAGON FRUIT BREAKFAST BOWL

Yield: 6 Portions

Ingredients	Amounts
DOLE Diced Dragon Fruit	4 cups
DOLE Sliced Bananas	2 cups
DOLE Diced Strawberries	*1 cup
Agave syrup	as needed
Coconut milk or other nondairy	1 cup plus more as needed
<i>Garnishes:</i>	
DOLE Diced Dragon Fruit	¼ cup
DOLE Mango Cubes	¼ cup
DOLE Diced Strawberries	¼ cup
DOLE Pineapple Cubes	¼ cup
DOLE Blueberries	¼ cup
Coconut yogurt or regular yogurt (optional)	1 cup
Coconut flakes, toasted	¼ cup
Your favorite granola, puffed rice, nuts, or crispy topping,	¼ cup

Method

1. *For the Dragon Fruit:* Combine the partially defrosted DOLE Diced Dragon Fruit, DOLE Sliced Bananas, and DOLE Diced Strawberries in a food processor. Add in the coconut milk and process until smooth. Add agave syrup to taste.
2. *To Serve:* Place 1 cup of dragon fruit mixture in a bowl. Top with a dollop of coconut yogurt and swirl the yogurt into the dragon fruit mixture (optional). Sprinkle with DOLE Diced Dragon Fruit, DOLE Mango Cubes, DOLE Diced Strawberries, DOLE Pineapple Cubes, and DOLE Blueberries. Garnish with toasted coconut and your favorite crispy toppings.

Note: *Remove the frozen fruit from the freezer 30 minutes before starting.

Variations: Add 1 tablespoon chia seeds to the dragon fruit puree.