



# PITAYA BOWLS

*Sweet island pitaya fruit blended with coconut water and fruity deliciousness.*

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## INGREDIENTS

*Prep Time: 10 minutes*

*Servings: 2*

14 ounce frozen red pitaya,  
cut into chunks (find frozen  
pitaya at Whole Foods)  
2 frozen banana, sliced  
1 cup frozen strawberries  
1 cup coconut water (feel  
free to use juice instead -  
apple and orange work  
great!)  
100% pure maple syrup to  
taste

Topping Options:

Fresh pitaya, scooped  
Berries  
Coconut  
Mango  
Bananas  
Chia seeds  
Sliced almonds  
Granola

## DIRECTIONS

1. Place all the bowl ingredients, except for the maple syrup, in a blender. Blend on high until very smooth.
2. Add in the maple syrup on teaspoon at a time, blending in between each teaspoon, until it reaches desired taste.
3. Pour into bowls and top with your favorite toppings. Enjoy!