

Plate Dream

Dragonfruit Lemonade

Vibrant dragonfruit lemonade, easy to make, sweet-tart, and wonderfully refreshing.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Fruit Base

- [ ] 2 cups dragonfruit flesh, diced
- [ ] 1/4 cup honey or agave syrup
- [ ] 1 tablespoon fresh lime juice

Lemonade Mix

- [ ] 1 cup fresh lemon juice (about 4 lemons)
- [ ] 2 cups sparkling water, chilled
- [ ] Ice cubes
- [ ] Fresh mint leaves for garnish

Instructions

1. In a blender, combine the diced dragonfruit, honey, and lime juice; blend until smooth, allowing the fragrant aroma to fill the kitchen.
2. Strain the puree through a fine-mesh sieve if you prefer a silky texture; set aside.
3. In a large pitcher, mix the lemon juice with the dragonfruit puree, then gently stir in the sparkling water.
4. Add ice cubes, garnish with mint leaves and a thin lemon wheel; serve immediately.
5. Enjoy slowly, letting the bubbles and sweet-tart flavors dance on your palate.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra zing, add a pinch of sea salt to brighten the flavors. smoothie bowl ideas often use a dash of salt for balance.
- For a kid-friendly version, reduce the lemon and increase honey slightly.
- Store the dragonfruit puree in the refrigerator for up to 2 days and combine with fresh lemon juice when ready to serve. keto lemon bread pairs nicely with this drink at brunch.