



Long Livo

Dragonfruit Lemonade Recipe

10 min
Prep time

Easy
Difficulty

10 min
Total time

American
Cuisine

4
Servings

Beverage
Course

Ingredients

Main Ingredients

- ☐ 2 cups dragonfruit flesh, peeled and cubed
- ☐ 1/2 cup freshly squeezed lemon juice (about 3 lemons)
- ☐ 2 tbsp honey (adjust to taste)
- ☐ 2 cups sparkling water, chilled

- ☐ Ice cubes
- ☐ Fresh mint leaves for garnish

Optional Enhancements

- ☐ 1 tsp lime juice
- ☐ Thin lime or lemon wheels for garnish

Instructions

- 1** In a blender, combine the dragonfruit cubes, lemon juice, honey, and optional lime juice; blend until smooth.
- 2** Taste the puree; add a little more honey if you prefer extra sweetness, then set aside.
- 3** Strain the mixture through a fine mesh sieve into a pitcher, pressing gently to extract liquid while keeping a slight texture.
- 4** Add the chilled sparkling water to the pitcher, stirring gently to combine without losing the fizz.
- 5** Fill glasses with ice, pour the lemonade, garnish with mint leaves and a lemon wheel, and serve immediately.

Nutrition per serving

120 kcal
Calories

2 g
Protein

30 g
Carbs

0 g
Fat

Tips & notes

- If you prefer a smoother drink, strain twice.
- Adjust the amount of sparkling water for less or more fizz.
- The drink brightens as it sits; serve within an hour for best color.