

Zodiac Zest

Start the Year of the Dragon on a bright note.

Dragon fruit
lemonade

SERVES
6



Food For Weaning

This drink is not suitable for infants under the age of 1, who should stick to milk or water. Parents can feed dragon fruit to babies at around six months, or once they **start on solids**. Introduce small amounts in puree or mash form, or add it to soft foods like porridge. From nine months onwards, serve the fruit in large wedges or bite-sized cubes to **develop pincer grip**.

→ WHAT YOU'LL NEED

- 2 cups pink-flesh dragon fruit, peeled and diced
- 1 cup freshly-squeezed lemon juice (about 6 medium lemons)
- 2½ cups water
- Pure maple syrup or honey, to taste



Dragon fruit



Lemon juice



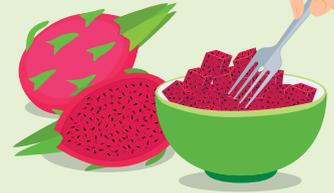
Water



Maple syrup
or honey

Follow these steps

1. Mash dragon fruit cubes into a smooth puree with a fork or using a blender.



TIP! You can still get a pink drink with white-flesh dragon fruit—just leave a bit of the rind on when you cut it up.

2. Squeeze lemons and remove any seeds that fall into the juice.



3. Pour fruit puree and lemon juice into a large pitcher. Add water and stir thoroughly to combine.



4. Try a sip. Adjust the amount of water, lemon juice, and maple syrup or honey to your liking.



5. Serve over ice. Garnish with lemon slices or fresh mint leaves, if desired.



Enter The Dragon

➤ **Different-coloured fruits**, whether consumed whole or in juice form, contain different types of nutrients to boost your mood and immunity. For example, the red-purple pigment found in dragon fruit is anthocyanin, a plant-based compound with powerful antioxidant properties.

Find out more at www.healthhub.sg/live-healthy/eat-the-rainbow-to-beat-the-blues.