

Dragon Fruit



- It is a beautiful tropical fruit in the cactus family, also known as pitaya and strawberry pear
- The fruit is native to southern Mexico and Central America. Today, it is grown all over the world.
- Its taste is sweet, similar to a kiwi and a pear
- There are many different kinds of dragon fruits with a variety of shapes, sizes, colors inside and out, and flavor profiles.
- The two most common types have red skin with green scales and edible seeds that resemble a dragon-hence the name.
- These mild-tasting, fun-looking fruits can be eaten fresh in fruit salad or yogurt, grilled, or the pulp can be frozen and used later in smoothies, ice cream, jam or juice
- Excellent source of Vitamin C



[Learn more about Dragon Fruit](#)

OKCPS School Nutrition Services

