

DRAGON FRUIT (RED) – PLU 3040



Description/Taste

American Beauty dragon fruits grow on long, thin, vining cactuses that are often seen growing up trees, fences or walls. On the outside, American Beauty dragon fruits look almost identical to the white-fleshed variety. The brightly colored oblong fruits are about 10 centimeters in length and can weigh up to a pound. They have pink to magenta-colored skin that has the appearance of succulent, fleshy scales overlapping, leaving small, green-tipped protrusions along its length. The skin is thin, with an average thickness of only 3 millimeters, so the flesh to rind ratio is high. The bright magenta flesh of the American Beauty dragon fruit is the result of a compound called betacyanin, which is the same pigment present in beets and prickly pear fruit. The pulp has the texture of a kiwi fruit, with small, black edible seeds throughout. Red Dragon fruit is sweet, though not as sweet as the white-fleshed variety and has a mild acidity.

Seasons/Availability

Red Dragon fruits are available year-round.

7 Great Reasons to Add Dragon Fruit to Your Diet

- High in Nutrients
- May Help Fight Chronic Disease
- Loaded with Fiber
- Promotes a Healthy Gut
- Strengthens Your Immune System



VEGAN DRAGON FRUIT CHEESECAKE BARS

- Prep Time: 20 mins
- Total Time: 20 mins
- Yield: 10 large bars, 20 small bars
- Category: Dessert
- Method: Freeze
- Cuisine: American

DESCRIPTION

A raw vegan cheesecake that is gluten-free and refined-sugar free!

INGREDIENTS

BROWNIE BASE

- 1 cup walnuts
- 1 1/4 cup [Medjool dates](#)
- 1/4 cup cocoa powder
- pinch of salt

DRAGONFRUIT SWIRL

- 1 cup chopped dragonfruit
- 1/2 cup raspberries
- 1 tbsp [maple syrup](#)

CHEESECAKE LAYER

- 2 cup [raw cashews](#), soaked overnight, then drained & rinsed

- 3/4 cup [coconut cream](#)* (see note)
- 6 tbsp [coconut oil](#)
- 1/2 cup [brown rice syrup](#)
- 1 tsp [vanilla extract](#)
- juice of 1 lemon
- 1 tsp lemon zest

DRAGONFRUIT SWIRL

- 1 cup dragonfruit, chopped
- 1/2 cup raspberries
- 1 tbsp [maple syrup](#)

INSTRUCTIONS

1. Line an 8×8 inch baking sheet with parchment paper, set aside.
2. Add the walnuts, dates, cocoa powder, and salt in a food processor. Pulse until it forms a dough.
3. Using your fingers or the back of a large spoon, press the dough evenly into the bottom of the pan.
4. Place in the fridge while you prepare the filling.
5. In a small saucepan, add the dragonfruit, raspberries, and [maple syrup](#) on medium heat stirring for 2-3 minutes. Reduce heat to low and allow to simmer for 5 minutes until the fruit breaks down into a syrup. Set aside.
6. Blend the cashews, coconut cream, [coconut oil](#), [brown rice syrup](#), [vanilla extract](#), lemon juice, and lemon zest together in the food processor until smooth.
7. Pour the cheesecake mixture into the pan, spreading evenly.
8. Next, add dollops of the dragonfruit sauce on top of the cheesecake mixture. Using a knife, begin to make “figure eights” or swirls through the cheesecake layer until you achieve your desired marble look.
9. Place in the freezer for 2-4 hours to firm up.
10. Serve frozen, or allow to thaw for 10-15 minutes for a softer texture.

NOTES

*Scoop the creamy part from the top of the can of [coconut milk](#)

If you cant find dragonfruit you can substitute raspberries

NUTRITION

- **Serving Size:** 1 small bar
- **Calories:** 272
- **Sugar:** 23g
- **Fat:** 16g
- **Saturated Fat:** 7g
- **Carbohydrates:** 32g
- **Fiber:** 3g
- **Protein:** 5g