

Helergon Kitchen

Dragonfruit Lemonade Recipe

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 1 cup dragonfruit puree (about 1 medium fruit)
- [ ] 1/3 cup freshly squeezed lemon juice
- [ ] 2 tbsp honey or agave syrup
- [ ] 2 cups cold sparkling water
- [ ] Ice cubes as needed

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Lemon or lime slices
- [ ] Edible flower petals

Instructions

1. Blend the dragonfruit flesh until smooth; add a splash of water if needed to reach a pourable consistency.
2. In a pitcher, combine the dragonfruit puree, lemon juice, and honey; stir until the sweetener dissolves.
3. Just before serving, gently pour the sparkling water into the mixture, stirring lightly to keep the bubbles alive.
4. Fill glasses with ice, pour the lemonade over, and garnish with mint leaves and a citrus slice.
5. Serve immediately, enjoying the bright color and refreshing fizz.

Nutrition per serving

120 kcal	1 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust the sweetness before adding sparkling water.
- For extra flair, rim the glasses with a thin slice of lemon sugar.
- If you prefer a less sweet drink, reduce honey to 1 tbsp.