



# Pitaya Protein - Superfood Dragon

## **PITAYA PROTEIN PARFAIT**

- 10 Pitaya Protein Cubes Blended With 1/2 Cup of Coconut Milk
- Spoon Half of Cube Mixture into your Mason Jar
- Put a Layer of Yogurt of Choice, Granola & Berries
- Spoon Other Half of Cube Mixture on Top
- Top with Shaved Coconut & Fresh Berries

## **CHOCOLATE RASPBERRY NICE-CREAM**

- 5 Pitaya Protein Cubes
- 5 Chocolate PB Protein Cubes
- 1/4 Cup of Coconut Milk
- 1 Frozen Banana
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or High Powered Blender for This)
- Top with Shaved Coconut & Granola

## **PRE-WORK OUT SHAKE & GO SMOOTHIE**

- 5 Acai Maqui Cubes
- 5 Pitaya Protein Cubes
- 1-1/4 Cup Unsweetened Vanilla Coconut Milk or Coconut Water
- Let Sit in Mason Jar for 15 Minutes -1 Hour
- Shake and Drink!

## **SUPERFOOD PITAYA GELATO**

- 20 Pitaya Protein Cubes
- 1/2 Cup of Yogurt & 1/4 Coconut Milk
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or HighPowered Blender for This)
- Top with Shaved Coconut & Fresh Berries

## **SUPERFOOD MASON JAR OATS**

- 5 Pitaya Protein Cubes
- 1/2 Cup Organic Oats
- 2/3 Cup of Plant Based Milk
- Let Sit for 1 Hour + or Prep Before
- Top with Berries, Granola & Honey
- Scoop with a Spoon and Enjoy!

## **SKINNY MYLK**

- 5 Pitaya Protein Cubes
- 1 Cup of Coconut Milk
- Blend for 10-15 Seconds