



YELLOW DRAGON FRUIT

ALSO KNOWN AS YELLOW PITAHAYA

GROWN IN THE ANDEAN REGIONS OF COLOMBIA AND ECUADOR, THIS TROPICAL FRUIT IS A FAVORITE AMONG FOODIES.

The sweetest Dragon Fruit variety!

Sweet and juicy, Yellow Dragon Fruit is a good source of dietary fiber, antioxidants, and is a great digestive aid. It is best eaten fresh. Just cut open and scoop out the white pulp and small crunchy, edible seeds. Due to its powerful detoxifying properties, most people don't eat more than one per day.

For a fun fruit salad addition, scoop out the pulp with a small melon baller. You can also freeze Yellow Dragon Fruit spheres and add the frozen orbs to your drink as a cool garnish.

A GOOD SOURCE OF FIBER AND ANTIOXIDANTS

SELECTION:

Ready to eat when yellow.

AVAILABILITY:

Year-round with gaps.

STORAGE:

Store at room temperature or fridge.

HOW TO EAT



Cut open and enjoy the white pulp and black edible seeds.

Keep Refrigerated 50° F / 10° C