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## Description

Quench your thirst with a vibrant, nutrient-packed beverage that brings a splash of tropical color and nutrition to your day! This High-Protein Low-Carb Dragon Fruit Juice combines the exotic, subtly sweet flavor of fresh dragon fruit with clean protein powder and a silky smooth texture. Designed for anyone looking for refreshing high-protein and low-carb options, this delightful drink delivers both delicious taste and satisfying nourishment.

### Can This High-Protein Low-Carb Dragon Fruit Juice Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by combining high protein content with low-carb ingredients to keep you feeling full and satisfied without excess calories. The added protein boosts satiety and helps maintain lean muscle mass while keeping blood sugar stable. Enjoying this as a smart beverage choice helps curb afternoon cravings naturally.

### Does High-Protein Low-Carb Dragon Fruit Juice Fit a High-Protein Lifestyle?

This vibrant drink fits effortlessly into a high-protein lifestyle, offering around 20 grams of

quality protein per serving with minimal net carbs. Crafted by blending fresh pink dragon fruit with unflavored or vanilla protein isolate, unsweetened almond milk, and ice, it provides a light yet protein-dense refreshment. It is a fantastic alternative to sugary store-bought juices that keeps your macros balanced and your taste buds happy.

### My Personal Experience

- **Stunning Visual Appeal:** Blending the bright magenta dragon fruit creates an eye-catching, Instagram-worthy color instantly. The natural earthiness of the fruit balances out the clean taste of the protein powder seamlessly.
- **Refreshing Post-Workout Boost:** Sipping this ice-cold drink after a strenuous gym session feels incredibly revitalizing and refreshing. It digests easily without feeling heavy or sluggish in the stomach.

### Perfect For:

- Post-workout high protein recovery drinks
- Refreshing high-protein low-carb snacks
- Summer keto diet plans and warm-weather refreshments
- Colorful high-protein breakfast beverage pairings
- Quick low-carb meal replacement sips

### Why You'll Love This Recipe:

- **Blends in Minutes:** Requires minimal prep time and a simple blender to achieve a velvety, smooth consistency. You can whip up a gorgeous gourmet drink in less than five minutes.
- **Nutrient Dense:** Delivers essential vitamins, antioxidants, and a massive protein punch without heavy sugars. It satisfies sweet cravings while keeping your daily health goals on

track.

#### Common Mistakes to Avoid:

1. Using sweetened plant milk: Added sugars will spike the net carb count and alter the macro profile.
2. Adding protein powder first: Putting powder at the bottom can cause it to stick to the blender blades; add liquids first.
3. Over-diluting with ice: Too much ice ruins the vibrant flavor and creates a watery, thin texture.
4. Skipping fresh dragon fruit: Using artificially flavored syrups instead of real fruit lacks authentic texture and nutrients.

#### Required Equipment:

- High-Speed Blender: Pulverizes the dragon fruit seeds and blends ingredients into a velvety smooth texture.
- Measuring Cups & Spoons: Ensures exact quantities for precise macro tracking.
- Tall Glass: Showcases the vibrant magenta color and holds the full serving size.
- Reusable Straw: Makes sipping easy and prevents any seeds from settling at the bottom.

#### Storage Instructions:

Store leftover juice in an airtight glass mason jar in the refrigerator for up to 24 hours. Shake well before drinking, as natural separation may occur. Freezing is not recommended because it alters the smooth texture and protein consistency once thawed.

## Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Total Time: 5 minutes
- Servings: 1 serving
- Best Season for This Recipe: Summer
- Total Calories (Per Serving): ~140 calories (approximate estimate)

A vibrant, refreshing, high-protein beverage crafted with fresh dragon fruit, clean protein isolate, and unsweetened almond milk. Delivers a silky smooth texture, tropical flavor, and fantastic nutrition macros. Perfect for post-workout refreshment, hot summer days, and healthy low-carb lifestyles.

## □ Ingredients:

- 1 cup cubed fresh or frozen pink dragon fruit (pitaya)
- 1 scoop (30g) unflavored or vanilla whey protein isolate powder (high-protein anchor)
- 1 cup unsweetened almond milk (keeps carbs low and texture light)
- ½ cup crushed ice (for optimal chilling)
- 5-6 drops liquid stevia or monk fruit sweetener (optional, to taste)

## Directions:

1. Prep Liquids: Pour the unsweetened almond milk into the base of your high-speed

blender first (*high-protein tip: adding liquids first prevents protein powder from sticking to the blades*).

2. Add Protein and Fruit: Add the scoop of protein isolate powder, cubed dragon fruit, and sweetener of choice into the blender.
3. Add Ice: Top the ingredients with the crushed ice to ensure a thick, frosty consistency.
4. Blend: Secure the lid and blend on high speed for 45–60 seconds until the mixture is completely smooth, vibrant magenta, and free of visible chunks.
5. Serve: Pour immediately into a tall glass, insert a straw, and enjoy fresh.

Nutrition Facts (Per Serving – Approximate):

- Calories: 140 kcal
- Fats: 2 g
- Cholesterol: 5 mg
- Sodium: 180 mg
- Potassium: 220 mg
- Total Carbohydrates: 10 g
- Fiber: 4 g
- Net Carbs: 6 g
- Sugars: 5 g
- Protein: 21 g

- Calcium: 150 mg

Notes:

- Storage: Keep refrigerated in a sealed jar for up to 24 hours; shake well before drinking.
- Reheating: This recipe is served chilled and is not meant to be heated.
- Allergy Info: Contains dairy (if using whey protein isolate). Substitute with a plant-based pea or hemp protein powder for a dairy-free option.
- Flavor Boost: Add a squeeze of fresh lime juice or a few mint leaves before blending for an extra tropical punch.