

# Weird and Wonderful this Summer

## Dragon Fruit & Eggplant

### Health Benefits of Dragon Fruit

- ✓ Rich in vitamin C and B vitamins (1,2, & 3)
- ✓ Has high amounts of the antioxidant, phytoalbumins (prevents formation of cancer cells)
- ✓ Easily broken down by the body
- ✓ In 100g of dragon fruit, there are 60 calories and 16 of those calories are from fat

### Health Benefits of Eggplant

- ✓ No fat
- ✓ High in fiber
- ✓ Low in calories (35 calories/cup)
- ✓ Contains B complex vitamins, vitamin C, calcium, zinc, potassium, magnesium
- ✓ Contains the antioxidant, nasunin

### Strawberry Dragon Fruit Popsicles

#### Ingredients:

- 1 dragon fruit
- ½ cup strawberries
- 2 bananas
- 1 tbsp. honey, divided
- ½ cup Greek yogurt
- ½ tsp. vanilla extract

#### Directions:

1. Add all the ingredients into a blender to blend until smooth.
2. Fill popsicle molds and place in freezer (~5 hours).



(Source: LetsEatCake)

### Eggplant Pizza (Serves 2-3)

#### Ingredients:

- 1 large eggplant
- 1 tbsp. olive oil
- salt and pepper
- 1 jar of tomato paste
- 1 jar of tomatoes
- cheese of your choice
- Italian seasoning



#### Directions:

1. Slice eggplants into discs and rub them with olive oil and sprinkle with salt and pepper.
2. Bake for 20 minutes at 400 degrees.
3. Flip eggplants and add tomato paste and tomatoes.
4. Top it off with Italian seasoning and cheese.
5. Bake for 10 minutes.

(Source: Shape)