

HOW TO PREPARE DRAGONFRUIT

1 Squeeze for freshness



2 Slice in half



3 Scoop out interior



4 Slice and enjoy



For more info and serving suggestions visit

lifedragonfruit.com.au



FRESH DRAGONFRUIT

HIGH IN: Fibre, Antioxidants, Vitamin C, B Vitamins, Calcium, Magnesium, Riboflavin, Niacin, Iron, Phosphorus, Phytoalbumins

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FRESH FROM VIETNAM

We work closely together with dragonfruit farmers in Vietnam, from a region with perfect growing conditions.

The local variety of dragonfruit and careful cultivation techniques passed down through generations brings you the tastiest, most healthy and naturally sweet dragonfruit in the world.

QUALITY CHECKED

We measure the Brix, which is the measure of sugars by scanning every piece of dragonfruit with Near Infrared Spectroscopy (NIRS).

Light is sent into the fruit, then based on the light's interaction with the fruit, a degrees Brix (sugar level measurement) is determined. Each scan takes seconds and provides a wealth of data ensuring sweet taste, quality, ripeness, and flavour. Not only is Brix an indication of how tasty a piece of fruit will be, but studies also show that produce with higher Brix levels may be more nutrient-dense and rot-resistant.



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