

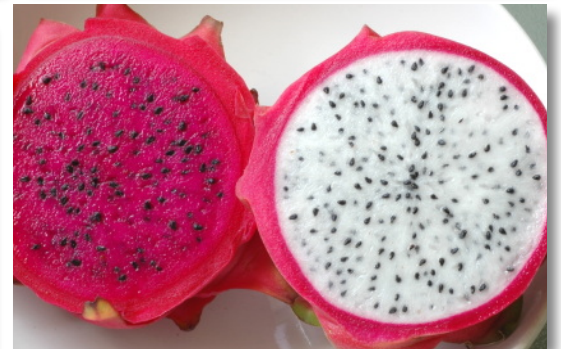
# DRAGON FRUIT



Dragon fruit is rich with antioxidants, fiber, and Vitamin C. It also contains phosphorus and calcium.



Dragon fruits come in two different colors on the inside, pink and white. Both are the same, but each have a distinct flavor to it.



The seeds can be found everywhere within the fruit and is ok to eat.

Dragon fruits are grown locally in Hawaii. They can be purchased at farmers markets, or even fruit stands in Chinatown.

