

ONE BITE

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Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

BE MY VALENTINE?

Whether you're alone or attached, you can get into the spirit of Valentine's Day and spread a little love with this delightful collection of vegan recipes that are just perfect for the occasion...

Dragon Fruit Milk

By Nicole - When Sweet Becomes Healthy

It's no secret that I am a huge fan of the pink dragonfruit (also known as pitaya). Apart from the fact that the pink fruit turns every boring smoothie, cake or dessert into a pink color explosion, you should know that dragon fruit is super healthy too! It is rich in vitamin C, B1, B2 and B3, and minerals such as iron, calcium, and phosphorus! Plus it contains a lot of fiber too.

DIRECTIONS

1. Add all ingredients into your high speed blender and blend until smooth! Add some coconut sugar if you like your dragonfruit milk a bit sweeter!

INGREDIENTS

- 3-4 slices dragonfruit (I use the dried ones)
- 2 cups coconut water
- 1 tbsp coconut milk
- ½ tsp vanilla paste
- 1 tbsp maple syrup



Nicole —

Nicole is the content creator and photographer behind whensweetbecomeshealthy.com. She puts a huge emphasis on nutrition when coming up with recipes and aims to show her followers that healthy desserts can nourish your body and taste even better than highly processed sweets.

Visit her website: whensweetbecomeshealthy.com

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