

# DRAGON FRUIT NECTAR

# Recipe

**SERVINGS: 4 cups**

**RECIPE:**

- 2 ¼ c. (18 oz.) (or 10-12 whole dragon fruits) red dragon fruit juice
- 9 oz. (or 1 lb. whole calamansi) calamansi fruit juice
- ½ c. white granulated sugar
- 9 oz. water

**MATERIALS:**

- Fruit juicer
- 2 saucepans
- 3 1000 ml mason jars with lids (or pitchers)
- Kitchen scale
- Pitcher

**PROCEDURE:**

1. Properly wash your hands, and clean and sanitize utensils.
2. If you don't have red dragon fruit and calamansi juice already made, clean and wash 10-12 fresh red dragon fruits and 1 lb. of calamansi.
3. Peel the dragon fruit; cut calamansi fruit into halves.
4. Use a juicer to juice dragon fruit flesh for about 1 L of juice.
5. Strain dragon fruit juice through cheesecloth to remove seeds and fiber.
6. Use the same cleaned juicer to make calamansi juice.
7. Pasteurize each juice in designated saucepan for 1 minute at 80°C.
8. Transfer each pasteurized juice to a jar or a pitcher for preparing the nectar.
9. Add dragon fruit juice, calamansi juice, water, and sugar to a clean mason jar or a pitcher. Mix all ingredients and dissolve sugar.
10. Serve dragon fruit nectar over ice.



Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup (275g)</b>
Amount per serving	
<b>Calories</b>	<b>190</b>
	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 1g	4%
Total Sugars 37g	
Includes 25g Added Sugars	50%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 66mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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