- Prep Time: 10 minutes
- Chill Time: 20 minutes (optional but recommended)
- Total Time: 30 minutes
- Yield: 2 servings (approx. 16 oz each)
- Intensity Level: Easy / Beginner

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Ingredients

For the Creamy Base:

- 1 cup dragon fruit (pitaya), frozen (white or red flesh; red yields a deeper magenta color)
- 1 cup unsweetened coconut milk (canned or carton; canned will be richer)
- ½ cup coconut water
- 1 tbsp fresh lime juice (approx. ½ lime)
- 1–2 tbsp maple syrup or agave (optional, adjust to taste)
- ½ tsp vanilla extract

For the Chia Layer:

- 2 tbsp chia seeds
- ½ cup coconut water (or plain water)

Optional Garnishes:

- Fresh dragon fruit cubes
- Mint sprigs

- Lime slices
- Extra chia seeds for topping

Equipment Needed: Blender, two 16-oz glasses, spoon, measuring cups and spoons, small bowl .

Instructions

Step 1: Prepare the Chia Gel

Time: 5 minutes active + 15 minutes resting | Intensity: Low

In a small bowl, combine the 2 tablespoons of chia seeds with ½ cup of coconut water. Stir vigorously with a fork or spoon immediately to prevent clumping. Let the mixture sit for 5 minutes, then stir again. Allow it to rest for another 10–15 minutes until it reaches a thick, gel-like consistency. This step is crucial for creating the signature texture of the drink .

Step 2: Blend the Creamy Dragon Fruit Base

Time: 3 minutes | Intensity: Medium

While the chia gel sets, add the frozen dragon fruit, coconut milk, coconut water, lime juice, maple syrup (if using), and vanilla extract to your blender. Blend on high for 45–60 seconds until the mixture is completely smooth and creamy. If you prefer a thinner drink, add an extra splash of coconut water. For a thicker, smoothie-bowl consistency, add 2–3 ice cubes before blending .

Step 3: Taste and Adjust

Time: 1 minute | Intensity: Low

Pour a small amount into a spoon and taste. Too tart? Add ½ tablespoon of maple syrup. Too sweet? Add a squeeze more lime juice. Not creamy enough? Add 2 tablespoons of additional coconut milk .

Step 4: Assemble the Drink

Time: 2 minutes | Intensity: Low

You have two options for assembly. Option A (Layered): Spoon 1 tablespoon of the chia gel into the bottom of each glass. Pour the creamy dragon fruit base slowly over the chia gel. The chia will settle at the bottom, creating a beautiful two-toned effect. Top with another teaspoon of chia gel if desired. Option B (Mixed): Add the chia gel directly into the blender and pulse for 5 seconds. This creates a uniform, speckled drink .

Step 5: Chill and Serve

Time: 10–20 minutes | Intensity: None (passive)

For the best flavor and texture, place the glasses in the refrigerator for 10–20 minutes. This allows the chia seeds to fully hydrate and the flavors to meld. If you are in a rush, serve immediately over ice .

Step 6: Garnish and Enjoy

Time: 1 minute | Intensity: Low

Garnish with fresh dragon fruit cubes, a mint sprig, and a lime wheel. Serve with a wide straw (boba straws work best to suck up the chia seeds). Stir gently before drinking if you prefer a consistent texture .

Time & Intensity Summary Table

Phase	Time	Intensity
Chia Gel Prep	5 min active + 15 min rest	Low
Blending	3 min	Medium
Taste Adjust	1 min	Low
Assembly	2 min	Low
Chilling	10–20 min	None (Passive)
Garnish	1 min	Low