

Dragon fruit & raspberry lemonade magnesium sorbet

2 cups of frozen dragon fruit (250g)
2 cup frozen raspberries (250g)
1 cup of diced watermelon (or ripe pear) {optional, but helps bulk it out}
1 egg white (raw)
5 scoops of [MagSoothe](#) powder

Blend all ingredients until smooth in a blender or food processor. Can be stored in a container in the freezer or frozen in muffin moulds. Makes around 10 serves. A ½ cup serve (around 70g) will provide 100mg of magnesium (total daily optimum intake is 10mg of magnesium per kilo of body weight).

