

Rainbow Unicorn Layered Smoothie



These pretty pastel creations are everywhere on social media right now. This is my healthy take on the trend! Ditch the coffee shop sugar bomb and get in on the craze in a way that your body and tastebuds (and IG followers!) will love.

I chose to pop my jar into the freezer between pouring layers into it, to keep it cold and to help the layers firm up a bit before adding the next, to help keep the colours separate.

I used a liquid wild butterfly pea extract, which is naturally a deep blue, to get the “blue-green” layer. To get a richer colour, reduce or omit the matcha entirely, and add more liquid or yogourt if needed. Another option for getting a natural blue is to use blue algae (not to be mistaken for blue-green algae!).

Decorate if you like, and enjoy!

Ingredients:

Purple (bottom) layer:

- 1/3 cup frozen mixed berries (blackberries, cherries, blueberries for purple; strawberries and raspberries will make for a pinker shade)
- 1/4 cup plain or vanilla almond-cashew or coconut yogourt
- 1/2 scoop vanilla or berry plant-based protein powder (option: with greens – the purple hides the colour best, so they’re best added to this layer!)
- 1/3 banana
- 1/3 cup unsweetened almond or hemp milk

Yellow (middle) layer:

- 1/3 cup frozen mango chunks
- 1/4 cup plain or vanilla almond-cashew or coconut yogourt
- 1/2 scoop vanilla plant-based protein powder (no greens this time!)
- 1/3 banana
- 1/3 cup unsweetened almond or hemp milk

Blue/green (top) layer:

- 1/3 banana



- 1 Tbsp. coconut butter OR ¼ cup plain or vanilla almond-cashew or coconut yogourt, optional
- 1/3 cup unsweetened almond or hemp milk
- ¼ tsp. matcha tea powder, optional
- Liquid wild butterfly pea extract OR serving size blue or blue-green algae, added slowly as required for colour

Directions:

Combine the ingredients for the purple layer in your blender. Blend until smooth. It should be a little on the thick side (see notes). Pour purple smoothie into a 750ml mason jar. Place in freezer to set a little while making the yellow layer.

Rinse blender until clear. Combine ingredients for the yellow layer in the blender. Adjust for thickness as needed (see notes). Pour evenly over purple layer in the jar. Place in the freezer to set while making the blue/green layer.

Rinse blender until clear. Combine ingredients for the blue/green layer in the blender, adding butterfly pea extract or blue algae to desired shade of blue/aqua/green. Pour over yellow layer.

Decorate by sprinkling with berries, cut shapes in fresh mango, top with seeds, or even edible flowers. Admire your beautiful creation, and enjoy!

Notes: Add more yogourt, frozen fruit, or alternatively add 1 tsp. white chia seeds, to increase thickness of layers if needed. It should be thick enough to support the weight of the next layers without bleeding. While it's still in the blender, stop blending and test by inserting a straw or spoon straight into the middle – if it stays straight, rather than falls to one side of the container, it's thick enough! Otherwise, freeze each layer addition for 5-15 minutes before adding the next layer.

Full spectrum variations: Start the purple layer with half the amount as strawberries and raspberries. Pour half the resulting pink smoothie into the jar, then add blackberries and/or blueberries to the remaining in the blender. Pour purple smoothie over pink layer. Do similar with the yellow layer: make as directed, but pour half the yellow smoothie over the purple layer. Add matcha or a leaf of kale to the yellow smoothie to make a light green layer. Pour over yellow layer. Make blue layer as directed, omitting matcha entirely from this layer. Pour over green layer. Decorate as desired. Serve!