



*Sea of Colors*  
**RAINBOW CROWN CHAKRA RECIPE**

# Crown Chakra Rainbow Smoothie

by Kimberly Bizjak

## Ingredients

Red Layer: 1/2 cup frozen strawberries

- 1/2 cup frozen raspberries
- 2 TB pomegranate juice

Orange Layer: 1/2 cup frozen peaches

- 1/2 cup frozen mango
- 2 TB orange juice

Yellow Layer: 1 cup frozen pineapple

- 1 frozen banana
- 2 TB coconut milk

Green Layer: 2 kiwis

- Handful of spinach
- 2 Tb coconut milk

Purple Layer: 1/2 cup blueberries

- 1/2 cup blackberries
- 2 Tb Greek or Vegan yogurt

## Directions

1. Place ingredients for each layer in a blender and blend until smooth. Pour in a small glass and set aside in the refrigerator and rinse blender between layers.

2. Spoon each mixture into a large glass.

Note: You can freeze each layer before adding the next layer to create a neat rainbow effect, or you can add each layer as you create it so they mix a bit like mine to combine flavors.