

Edible Perspective

6.21.13

Sunrise Celebration Smoothies gluten-free, vegan // yields [2] 1 1/2 cup smoothies, or [6] 1/2 cup smoothies

strawberry layer:

- 1/2 cup full-fat canned coconut milk
- 1/4-1/2 cup lite canned coconut milk
- 1 heaping cup frozen strawberries
- 1-3 teaspoons honey/agave/maple syrup

tropical layer:

- 1/4 cup full-fat canned coconut milk
- 1/2-3/4 cup lite canned coconut milk
- 1 cup frozen mango
- 3/4 cup frozen pineapple
- 1 medium frozen banana
- 1-2 teaspoons honey/agave/maple syrup

1. Blend the strawberry layer ingredients until smooth, adding more lite coconut milk if needed to keep the mixture moving. You want the mixture as thick as possible.
2. Place in a large cup/mug and set in the freezer while making the next layer.
3. Blend the tropical layer ingredients until smooth, adding more lite coconut milk if needed to keep the mixture moving. You want the mixture as thick as possible.
4. Fill a glass up 1/3 of the way with the strawberry layer and then gently spoon the tropical layer over top. Some of the tropical layer will sink into the strawberry layer but if it's thick enough it will start to pile on top.
5. Serve + enjoy!

tips: Amount of sweetener will vary depending on how tart your fruit is. Adjust to your liking.