Captain America’s Red, White and Blue Smoothie

**Ingredients**

**Blue Layer:**
- 1 cup ice
- 6 oz nonfat vanilla yogurt
- 1 cup frozen blueberries
- ½ cup coconut milk

**Red Layer:**
- 1 cup ice cubes
- 1 cup frozen strawberries
- 6 oz vanilla yogurt
- 1 cup simple syrup

**White Layer:**
- ½ cup coconut milk
- 1 large banana
- 1 cup ice cubes
- 6 oz vanilla yogurt

**Directions**

1. Blend ingredients for each individual layer.
2. Add the three blended mixtures into a mason jar, one at a time:
   - the blue layer on the bottom,
   - white layer next
   - finally, add the red layer on top.
3. Add whipped cream, if you’d like.
4. Add patriotic sprinkles on top of the whipped cream for a festive look!
5. Add a straw and enjoy!

Enjoy!