

# Red, White and Blue Frozen Cocktail

1. Combine all red layer ingredients and blend just until smooth in a high-speed blender. Pour into a container and place in the freezer while you make the other layers. Rinse out the blender.
2. Combine all white layer ingredients and blend just until smooth in a high-speed blender. Pour into a container and place in the freezer while you make the blue layer. Rinse out the blender.
3. Combine all blue layer ingredients and blend just until smooth in a high-speed blender.
4. Pour your cocktails: divided the red layer among either 2 (large) or 4 glasses. You can use a disher to help you portion these equally and delicately, if you like. Next, very carefully divide the white layer among the glasses and gently pour or place on top of the red layer. Finally, very carefully divide the blue layer among the glasses and gently pour or place on top of white layer.

## Recipe Notes:

1. To make non-alcoholic, simply leave out the booze. It'll be great without it!
2. To make vegan, swap agave nectar for the honey.
3. This recipe makes enough for two large cocktails or four smaller ones.
4. Use a Vitamix high-speed blender daily, it's wonderful for this recipe.
5. Use a disher to help divide the layers and gently place

them on top of one another. They're very helpful in keeping the layers clean!

Recipe from:

<https://40aprons.com/paleo-red-white-and-blue-cocktails/>

Total Time: 25 minutes