



Sea of Colors
BLUE THROAT CHAKRA RECIPE

Throat Chakra Blueberry Parfait

by Kimberly Bizjak

Ingredients

- Blueberries
- Greek or Vegan yogurt
- Optional: Granola, nuts, honey.

- Also optional: Natural blue food coloring using red cabbage and baking soda.

Directions

I know, I know. There's a very small amount of natural blue foods. So, you can eat blueberries to your hearts content, or add them your favorite yogurt.

You can even make your own natural blue food coloring to add to the yogurt:

1. Boil a half head of red cabbage in water for 10 minutes.
2. Remove cabbage from pot and continue to boil water for another 10-20 minutes.
3. Let cool and slowly add small amounts of baking soda to the water until you achieve your desired shade of blue.