



A stream flows nearby, its sound silvery and sweet. All of a sudden, galloping across the stream, comes a unicorn. It's a stunning creature. His coat is radiating a bluish purple sheen and its bouncy rainbow-coloured mane is flowing with its sprightly movements. Doe-eyed and lively, it has a sparkling gold horn that adorns its glorious head like a crown.

In the Eden of my dreams, unicorns abound.

As a little girl, this was a recurring dream I had. And I am not the only one. The world has been obsessed with unicorns since time immemorial. A mythical creature, it catches the fancy of all. From the pages of ancient fairy tales, the unicorn has made its way into our hair, wardrobe and now, our food!

Millennials everywhere are going gaga over unicorn-inspired everything and how!

What is unicorn food, one may ask. For the uninitiated, it is food that incorporates some characteristic reminiscent of the splendid creature. It could be the colour or shape of the said food that reminds the eater of being lost in a land full of dreams, replete with the celestial being. That it has a beautifully coloured body is the icing on the cake. Sparkling shades of light blue,



purple, magenta and gold, interspersed with slivers of silver and golden glitter, the unicorn is a treasure trove of inspiration for foodies and gourmands everywhere!

Each and every rendition of unicorn food is unique, but the use of colours in all their glory runs common among them all. Perhaps

that's what makes unicorn food so enticing, so interesting to look at. It's not every day that we get to indulge in our love of colours unabashedly, and with the state of the world around us, unicorn food is a welcome respite to tickle our collective fancies!

Incorporating this trend is easier than it

seems. For a very basic take on unicorn food, a multi-coloured block of butter will make breakfast toast look and taste divine! Make your usual, boring Cuppa Joe exciting and fun by adding mini whipped cream topped off with mini marshmallows, edible glitter sugar and colourful sprinkles.

Channel the child inside you and decorate your homemade donuts with a unicorn-colour icing. When packing lunch for the kids, spread mayonnaise or cream cheese that has been tinted with blue/pink/purple food colour and add some rainbow sprinkles on top.

Make sugar cookies pretty by decorating them with royal icing in shades of blue and purple.

Last but not the least, unleash some unicorn love and tint basic milkshake in different shades of blue and purple, top it off with some pink cotton candy and add some sprinkle and voila! Let your creative side take over and indulge guilt-free with dreamy unicorn creations.

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