

A VALENTINE For You From AlkaMind

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<http://www.GetOffYourAcid.com>

We want to show you our love for being a part of the AlkaMind community. So here are two Valentines from us to you.

First, everything in our store will be 14% off on Valentine's Day!



So stock up on Daily Minerals, Daily Greens, and our new [single serve packets](#) of each for easy travel. You can even use the code below to get 14% off the Get Off Your Acid 7-Day Cleanse!



Use coupon code: HAPPYVALENTINESDAY

Don't forget to [visit our store](#) for 14% off on Sunday!

Our second Valentine is perfect for anyone wanting to make dinner, not reservations.

Show your loved one how much you care by cooking up a delicious, low-acid, romantic dinner for two!

Start off the night with spicy, cozy Green Goddess Curry. The exotic flavors feel extra special, but it cooks up in minutes so you can enjoy more quality time together.

Then indulge with creamy, decadent Avocado Chocolate Mousse. Since it needs time to chill, make it in advance for an easy treat to end the night.

Green Goddess Curry

Serves 4 (or 2, plus leftovers)

INGREDIENTS

2 tbsp. coconut oil
1 onion, peeled and diced
2 tbsp. green curry paste or powder
1 cup green beans
1 medium broccoli crown, cut into florets
½ cup snow peas
Small handful of Brussels sprouts, halved
2 cups garbanzo beans, cooked or canned
1 15oz. can of unsweetened coconut milk (I recommend Native Forest brand)
4 cups vegetable broth
2 bunches of any type of greens, washed and cut (kale, bok choy, escarole, collards, turnip greens, etc.)
Salt and pepper to taste
Fresh cilantro for garnish



DIRECTIONS

In a large pot heat coconut oil and sauté onions and curry spices until the onions are soft (about 6-8 minutes). Add the vegetables, beans, and coconut milk. Bring to a simmer and add the vegetable broth. Simmer until the vegetables are tender (about 15 minutes). Add the greens, then season with salt and pepper.

Serve with brown rice or quinoa. Garnish with cilantro.

Avocado Chocolate Mousse

Serves 2

INGREDIENTS

1½ Haas avocado
2/3 cup coconut water (ideally raw)
1 tbsp. vanilla (I use 'Medicine Flowers Vanilla'
10 drops)
2 tbsp. raw cacao
3 dates (can use 5 to make a little sweeter)
1½ tsp. Celtic Sea Salt



DIRECTIONS

Blend high in blender and refrigerate to make firm.

New Year ... New You!



[Learn more now!](#)
