

Alkaline Diet Recipe – Cacao Protein Smoothie



Last time, I explained [why not all protein powders are created equal and what you need to know before you buy](#).

Today, I'm giving you a great recipe to use a delicious-tasting, nutrient-rich protein powder like [Alkamind Organic Daily Protein](#), our new organic protein powder that contains NONE of the nasty acidic fillers or additives that most brands rely on.

This recipe uses the Creamy Chocolate blend (there's Vanilla Coconut too) along with raw cacao and bananas and blueberry to amp up the flavor on this protein-packed smoothie. It's got almonds, flaxseeds and almond milk in addition to the protein powder, so it's ideal for after a workout or run.



CACAO PROTEIN SMOOTHIE

Serves 1

INGREDIENTS

- 1 cup spinach
- 1/2 cup soaked raw almonds (ideally soaked overnight)
- 1/4 cup ground flaxseed (i.e. golden flaxseed)
- 1/4 cup raw cacao powder
- 1 banana, frozen
- 1/2 cup blueberries, frozen
- 1 tsp. lemon juice, fresh squeezed
- 1/4 tsp. Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1 cup almond milk (or coconut)
- 1 scoop Alkamind Organic Daily Protein (Creamy Chocolate)

DIRECTIONS

Blend and enjoy!

Want more recipes like this one?

The Summer [Get Off Your Acid 7-Day Cleanse](#) is filled with ideas that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!



GET OFF YOUR
ACID
7 DAY
CLEANSE

