

## Alkaline Diet Recipe: Aloha Breakfast Smoothie



If you live anywhere that's been cold lately, wouldn't you love to be in Hawaii right about now? I know for those of us on the East coast, a tropical day is sounding perfect as winter wears on.

While this smoothie won't magically transport you to a tropical paradise, it's the next best thing. It has ginger, grapefruit, and coconut flavors, plus 3 different alkaline veggies.

If you ever get tired of the same tropical smoothies, this is a delicious and nutritious way to mix it up a bit.

So give it a try and let me know what you think over on [Facebook](#).

### Aloha Breakfast Smoothie

#### INGREDIENTS [Serves 2]

- 1 avocado
- 2 handfuls spinach
- 1/2 cucumber, chopped
- 1-inch fresh ginger root, smashed
- 1 red grapefruit, peeled
- 1/2 cup coconut water
- Ice if desired



#### DIRECTIONS

Blend and enjoy!

Check out my [#1 Amazon Bestselling book!](#)

