

Alkaline Diet Recipe: Chocolate Omega Power Smoothie



Last time, I shared [the missing vitamin for better heart health and stronger bones](#). And one thing I noted that everyone needs to remember is that when you take vitamin D3, you need to take it with fats. An empty stomach just won't do.

The fat will help your body absorb it, and then the missing vitamin, K2, will make sure it puts calcium to work in the right places like your bones instead of your arteries.

This smoothie sure delivers on healthy fats. It has 6(!) good sources of nourishing fats. So it's also going to keep you full well into your day.

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

Chocolate Omega Power Smoothie

INGREDIENTS [Serves 1]

- 1 cup coconut milk (or almond milk)
- 1 banana (peeled and frozen)
- 2 dates
- ½ hass avocado
- 3 tbsp. cacao powder
- 2 tsp. cinnamon
- 2 tbsp. raw almond butter
- 1 tbsp. chia seeds
- 1 tbsp. hemp seeds
- 2 tsp. flax seeds
- 1/2 cup ice

DIRECTIONS

Put all ingredients into a blender and blend until smooth.

Want more recipes like this one?

The [NEW YEAR NEW YOU 7-Day Alkaline Cleanse](#) is filled with recipe ideas that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!

We are having a GROUP cleanse, starting this Monday, January 22nd! The LIVE kick-off call will be this Saturday, January 20th!



It is not too late to join. We have a few more spots available, but it WILL sell out.

So if you want to lose weight and look your best to start off this New Year, come cleanse with ME and the GET OFF YOUR ACID TRIBE!