

Alkaline Diet Recipe: Liquid Fat-Burning Smoothie



Last time, I told you about the [#1 exercise to kick acid to the curb, rebounding!](#) And today, I've got a perfect smoothie recipe to follow up your low-acid workout routine.

If you're looking to get rid of excess fat that you've had trouble shaking in the past, this smoothie is perfect for you.

It's full of delicious sources of good fat like avocado, almond butter, and chia seeds. It's also got great protein sources – almond milk, almond butter, and protein powder. So between the fat and protein, it will keep you full all morning.

I think you'll find the banana is just enough sweetness to hit your sweet tooth, and with all of the healthy fats that we have added, it will keep any sugars from the banana from spiking your insulin levels.

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

Liquid Fat-Burning Smoothie

Serves 1

INGREDIENTS

1 cup unsweetened almond milk (or coconut/hemp milk)
1 avocado
1 banana (peeled and frozen)
1 tbsp. raw almond butter
1 tbsp. chia seeds
Handful of ice
Optional: 1 scoop Alkamind Organic Daily Protein in Vanilla Coconut flavor



DIRECTIONS

Blend and enjoy!

I've got a ton of quick and tasty smoothie recipes like this one in my [Get Off Your Acid 7-Day Cleanse](#) 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

