

## Alkaline Diet Recipe: Sweet Potato Dream Shake



Is it just me, or is this right about the time of year when you start to give up on your New Years' resolutions in favor of a sweet or two here, a dessert there?

If that sounds like you, I've got good news for you... you can have a sweet treat and stick to your plan to lose weight and get healthier!

Eating this dessert actually means eating your veggies. It's got half of a sweet potato, so it's full of alkaline nutrients, and just enough sweetness to make it delicious.

And the best part? No need for guilt about having dessert every now and then!

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

### Sweet Potato Dream Shake

Serves 1

#### INGREDIENTS

1/2 cup unsweetened almond milk  
1 tbsp. raw almond butter  
1/2 cooked sweet potato  
1/4 cup raw cacao powder  
2 tsp. cinnamon  
1/2 cup ice

#### DIRECTIONS

Blend and enjoy!



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