

Alkaline Diet Recipe: Almond Butter Crunch Smoothie



Last time, I filled you in on [Fructose: The worst sugar of them all](#).

The good news about all the recipes I share here is that they are all either naturally low in fructose, or they balance fructose out with alkaline ingredients so they won't do the damage that fructose often causes.

Today's recipe is one of those. Yes, it contains fruits with fructose – bananas and either strawberries, grapes, or mixed berries – but those are balanced with almond butter, chia seeds, spinach, and almond or coconut milk so it takes away from the acidity level and prevents over-taxing of your liver.

Plus, this smoothie tastes great! You'll really enjoy it on winter mornings to come.

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

Almond Butter Crunch Smoothie

Serves 2

INGREDIENTS

2 cups fresh spinach
2 cups almond or coconut milk, unsweetened
1 cup of any of the following: frozen mixed berries, frozen strawberries, or frozen grapes
1 banana, frozen
4 tbsp. raw almond butter
1 tbsp. chia seeds



DIRECTIONS

Blend and enjoy!

Alkamind
GET OFF YOUR ACID



For more on which foods to avoid (like sugar-filled foods and drinks) and which to eat more of (like green smoothies), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!