

# Alkaline Diet Recipe: Cinnamon Bun Smoothie Recipe



Last time, I shared the [truth about recovering from your workout \(that Gatorade doesn't want you to know\)](#).

The recipe I've got for you today is great for exercise recovery, in addition to drinking plenty of water of course.

It's got a few sources of high quality, plant-based protein so your muscles will be able to rebuild and get even stronger, it's got tons of vitamins and minerals,

and it's got a delicious taste that's perfect for fall.

You're going to be craving one of these every day! And that's ok – indulge and enjoy because it's as good for you as it tastes.

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

## Cinnamon Bun Smoothie

Serves 2

### INGREDIENTS

- 1 cup coconut milk
- 1 large handful of spinach
- 1 frozen banana
- 2 tbsp. of raw almond butter
- 1 pitted date
- 3/4 tsp. cinnamon
- 1 tbsp. hemp seeds
- 1 scoop [Alkamind Organic Daily Protein](#), Vanilla Coconut flavor



Optional: Ice cubes

Put all ingredients into a blender and mix until smooth.

Serve and enjoy!

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GET OFF YOUR ACID



For more on which foods to avoid (like sugar-filled drinks) and which to eat more of (like green smoothies and plenty of water)

after your workout or anytime, get your copy of [The Ultimate Alkaline/Acid Food Chart](#) now for easy, clear information about hundreds of foods!