

Blackberry Smoothie

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<http://www.GetOffYourAcid.com>



Last time, I shared [the real reason so many Americans fall victim to Osteoporosis](#) and as you learned, drinking lots of cow's milk and eating cheese and yogurt are ACIDIC to your body, and not the way to prevent the risk.

Plain and simple, your body needs alkaline sources of calcium to keep your bones strong, and more importantly, to prevent your body from stealing calcium from them to neutralize the ACID in your body and regulate its blood pH.

If you didn't catch the [10 best low acid foods for calcium](#), I encourage you to check them out.

Two of the best sources are dark, leafy greens and non-dairy milks. In fact, if you drink one smoothie per day with 1 cup of either almond, cashew, or coconut milk and a handful of spinach or kale thrown in, you'd satisfy about half of your recommended daily calcium requirement with that alone!

Blackberries are one of the best fruit sources of calcium, so when you combine kale, blackberries, and coconut milk, you have a smoothie that strengthens your bones, nourishes your body, fights acidity, and tastes delicious – a perfect combination!

What I love about this smoothie is the unique flavors. The tart blackberries, smooth vanilla, sweet and tropical coconut milk and zingy lime come together to create an addictive taste that I think you're going to love.

Blackberry Smoothie

Serves 2

INGREDIENTS

1 ½ cups coconut milk (or almond or hemp), unsweetened
1 cup blackberries (frozen)
½ cup strawberries (frozen)
1 large bunch of kale
1 lime, fresh juiced
2 tbsp. coconut oil
½ tsp. vanilla (or 2 drops of Medicine Flower Vanilla)
Optional: 1 tbsp. of raw almond butter



DIRECTIONS

Blend kale and coconut milk first. Then add remaining ingredients and blend until smooth.

Enjoy!

As a Certified Raw Food Chef, I love pulling new flavors together to create delicious, healthy recipes. I share tons of delicious smoothie and juice recipes in my [Get Off Your Acid 7-Day Cleanse](#). Even if you don't do the full-on cleanse, there are so many ideas and tips in the digital cleanse materials that you receive that you can start using on a day-to-day basis that will make a difference in your life and your health.

New Year ... New You!



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