

Coco Banana Fro-Yo

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This frozen banana coconut smoothie is easy to make, super-delicious, and a great HEALTHY way to satisfy any sweet cravings after dinner! Feel free to experiment with the ingredients, as it's really hard to mess up a smoothie! oh yeah....and did I mention, ALKALINE!

Coconut Milk is highly nutritious and rich in fiber, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous. Unlike cow's milk, coconut milk is lactose free and will not clog up your digestive system.

Add to it some coconut oil, skinless almond butter, chia, cinnamon and a little coconut nectar - you have one guilt-free, powerful dessert smoothie that your kids will go crazy for!!

INGREDIENTS:

Serves 2 (5 minute prep time)

- 2 Frozen Bananas
- 1 Cup Coconut Milk
- 1 Heaping Scoop of Almond Butter (I used unpasteurized skinless raw Italian almond butter - a little smoother and creamier than your classic almond butter - perfect for this smoothie!)
- 1 tbsp. Coconut Oil
- 1 teaspoon of Coconut Nectar (from Coconut Secrets)



Blend above ingredients in Vitamix on high speed. Once desired consistency is reached, turn blender to slow speed and add chia seeds. Blend on slow for 1 more minute. This keeps the chia seeds whole, and increases the hydrophilic nature of the seed. Consuming it this way will have a better effect on your digestive system. Sprinkle a dash of cinnamon to top it off.

- 4 tbsp. Chia Seeds
- Dash of Cinnamon



Enjoy, and I would love to see the pictures of your creation on our FB page
- <https://www.facebook.com/GetOffYourAcid>

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Stay Alkaline - Dr. D