

Alkaline Diet Recipe: Fan Favorite Snickerdoodle Green Smoothie

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<http://www.GetOffYourAcid.com>



In the Spring [7-Day Cleanse](#) private Facebook group, everyone has been talking about their new favorite smoothie recipe, and today I'm going to share it with you!

It feels as indulgent as eating a snickerdoodle cookie, but it's actually filled with alkaline, nutrient-rich foods that are going to give you all-day energy. It's plenty filling too, so it makes a great, on-the-go breakfast option.

Give it a try, and I'd love for you to share your Snickerdoodle Smoothie pictures on [Facebook](#) or [Instagram](#) using the hashtag #GetOffYourAcid.

And did you know, EVERY month I select the best and most creative submitted picture, and that person will receive a free GET OFF YOUR ACID T-Shirt/Tank and a Shaker Water Bottle!

SNICKERDOODLE GREEN SMOOTHIE

Serves 1

INGREDIENTS

1 handful spinach
1 frozen banana
½ avocado
½ cup [unsweetened almond milk](#)
Vanilla extract to taste (I use the company Medicine Flower – 4 drops)
Dash cinnamon



DIRECTIONS

Blend and enjoy!

This recipe came from the Recipe, Meal Plan & Shopping Guide included in the [GET OFF YOUR ACID 7-Day Cleanse](#). If you're ready to get rid of the common ailments that have been plaguing you, this is perfect for you.



It includes...

- Tons of easy to follow, healthy recipes
- Meal plans and shopping guides
- The guidebook with everything you need to know about cleansing and how to GET OFF YOUR ACID!
- Alkamind Daily Greens and Daily Minerals
- Support from me and the cleanse Facebook group
- 2 call recordings with Q & A's
- Plus a boatload of bonuses to make your cleanse easy and delicious!

[Get started now!](#)
