

Alkaline Diet Recipe: Summery Coco Loco Smoothie Recipe

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Are you as loco for coconut as I am?

I eat or drink coconut every single day in some form or another, and one of my favorite ways to enjoy it is my morning smoothies.

So today's smoothie recipe packs a coconut punch! It's got 3 coconut ingredients in it, including meat from the coconut.

If you've never worked with a coconut before, don't be intimidated. Once you've done it once or twice, you'll feel like a pro (I use a very cool and inexpensive tool called the Coco Jack to open my young Thai coconuts, [check it out!](#))

Remember, [coconut is one of the best foods you can eat](#). It's full of healthy fat so it not only keeps you full, it also delivers essential fatty acids that are antimicrobial and disinfectant. Coconut will improve your energy levels, make your skin and hair look extra healthy, and slow the aging process.

Coco Loco Smoothie

Serves 1

INGREDIENTS

4 oz. fresh coconut meat
1 cup coconut water
1 tbsp. coconut oil
1 banana, frozen (optional)
optional: in an ice tray, freeze some coconut water to make Coconut ice – add to smoothie to make colder

Blend and enjoy!



I've got a ton of quick and tasty smoothie ideas like this one in my [Get Off Your Acid 7-Day Cleanse](#) that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!

The Summer Cleanse is starting soon, so [join us now!](#)



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