

# Winter Greens Smoothie Recipe

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<http://www.GetOffYourAcid.com>

**SPRING IS FINALLY HERE!** But it's not too late enjoy one of my favorite Winter Smoothies that is alkalizing, energizing, and DELICIOUS no matter what season it is!

This Winter Greens Smoothie is delicious and will help you get the pH of your body back in balance after a cold winter season.

**The ingredients in this alkaline smoothie are packed with nutrients and will help you Get Off Your Acid™.**

Coconut water is naturally an alkaline powerhouse containing calcium, magnesium, phosphorus, sodium, and potassium all in their natural form, and will help to keep you super hydrated.

Spinach contains 200% of your daily value of vitamin K that's essential to bone health. So while you're working on your alkalinity and keeping balanced in the present, this ingredient will help repair damage you've done in the past to your bones by choosing an acidic diet all those years.

Pears are high in vitamin B2 providing the much needed fuel to kick start a more active and energetic lifestyle.

One of potassium's most important jobs is regulating blood pressure and heart function. And bananas are FULL of potassium. But what most people don't realize is that bananas have many other important benefits. Did you know this curvy yellow fruit is high in pectin (a form of fiber), and is a good way to get magnesium and vitamins C and B6? Bananas are also high in antioxidants, which can provide protection from free radicals, which we come into contact with every day, from the sunlight to the lotion you put on your skin.

Adding healthy fats like coconut oil and chia seeds will help neutralize any of the natural sugars in the pears and banana... and a dash of cinnamon to top it off will prevent any insulin spikes and ensure your blood sugar levels stay in normal range while providing your body with plenty of antioxidants.

This smoothie is a staple for the alkaline lifestyle. I hope you enjoy it as much as I do.



### **Winter Greens Smoothie (Serves 1)**

#### **INGREDIENTS**

- 1 cup coconut water (or water)
- 1 large handful spinach
- ½ banana (frozen)
- 1 pear, chopped (frozen)
- Dash of cinnamon
- 1 tbsp. of coconut oil
- 1 tbsp. of chia seeds (optional)

Blend and enjoy!

To jumpstart your journey, join me for my [\*\*GET OFF YOUR ACID™ 7-DAY GROUP CLEANSE!\*\*](#) Let me help equip you with the knowledge, materials, and support you need to Get off Your Acid™!