

## 15 Nut-Free Alkaline Recipes



Whether it's because of school nut-free policies, nut allergies in your house, or simply not liking the taste of nuts, we get requests all the time from people looking for alkaline recipes that do not contain nuts.

And fortunately, because the Get Off Your Acid Blog has a treasure trove of [hundreds of alkaline recipes](#), we've got plenty to share.

Many, if not most, of our lunch and dinner entrée recipes are nut-free, so today we are sharing 5 breakfast smoothies, 5 snacks, and 5 dessert recipes without nuts.

These vegan, clean keto recipes can easily be packed in a lunch box or enjoyed at home so you can stay alkaline and nut-free anytime, anywhere!

### Smoothies

Keep in mind – any of our smoothie recipes can be made with coconut milk rather than almond or cashew milk to keep them nut-free. Just be sure they don't contain cashews, almonds, or almond butter.

#### [SUPERWOMAN SMOOTHIE](#)

This smoothie has got almost every superfood ingredient you can think of, making alkaline powerhouse! It contains several potent detoxifiers, healthy fats, lots of chlorophyll, and a ton of vitamins and minerals – but no nuts!



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#### [ENERGY BOOSTING PROTEIN SMOOTHIE](#)

Did you know that the typical protein powder added to smoothies, whey protein, will actually sap your energy? If you want energy to power through your day, plus protein to power through your workout, not to mention great taste, this quick and easy smoothie recipe is perfect for you.

#### [“BIG GREEN” SMOOTHIE](#)

Start your day off with a nutrient-rich green smoothie to boost your immune system and keep you energized. It's full of healthy fats, dark, leafy greens, veggies, and an apple for sweetness and flavor. You'll love it and your body will thank you for it.

### **PEPPERMINT KISS SMOOTHIE**



This is the perfect way to start the day off right, with greens, vitamins, minerals, plant-based protein, and antioxidants in both cacao and mint. Just make sure you choose coconut milk rather than almond since this smoothie gives you a choice. Feel free to add a scoop of Alkamind Organic Daily Protein in Creamy Chocolate, which is also nut-free.

### **FESTIVE FALL SMOOTHIE**

This smoothie is perfect for breakfast but could be enjoyed at any time of day and it will give you the pumpkin spice flavors you love with no nuts. It will also give you tons of vitamins and minerals to start your day, plus nourishing fats

and plant-based protein from the hemp seeds.

## **Snacks**

### **PEA HUMMUS AND VEGGIES**

This recipe is a unique spin on traditional hummus, and I think you're really going to love it. It whips together in just a few minutes, and tastes delicious with raw cucumber, radishes, celery, peppers, carrots, broccoli, and more.

### **AVOCADO CAPRESE BITES**

I substituted creamy avocado for the mozzarella in alkaline version of the Italian classic that's perfect an appetizer or mid-day snack. You're going to love combination so much you won't miss the acidic version!



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### **SALTY SESAME CHICKPEAS**

You can take this snack anywhere, it's salty and flavorful, and the whole family will be clamoring for more. You don't have to tell them that it's alkaline and nutritious. It's a good source of protein, vitamins, minerals, and fiber.

## CLEANSING CILANTRO AVOCADO DIPPING SAUCE

This bright and herbaceous dip can be served with raw veggies for a delicious and nutritious snack anywhere, anytime. You can also add a jalapeño to kick up the spice factor. Yummm.



## RAW ALKALINE FALAFEL

I love falafel, and with just a few tweaks, it can be really nutritious. It's already full of fiber and alkaline protein, and we've just removed the acidic ingredients and of course, the frying. We're using a dehydrator, but if you don't have one, you could make these in your oven instead.

## **Desserts**

### BLUEBERRY LEMON CHIA PUDDING

You could eat these each and every day, feel like you're having a guilty pleasure, and actually lose weight in the process! Plus, it's kid tested and kid approved in our home kitchen! Just be sure to use coconut milk rather than almond milk since both are options.

### WATERMELON, MINT & LIME POPSICLES



There's nothing better than a frozen treat, especially if it's alkaline! These popsicles combine kid-friendly watermelon with adult-friendly mint and lime for a flavor combination that's sure to please everyone. They make a nutritious, nut-free dessert option.

### CLEAN KETO COCONUT OIL FAT BOMBS

Coconut oil is right up there with avocados as my favorite sources of healthy fat, and this is a great snack for anyone trying to get off their sugar, and move to a healthier lifestyle, where you are burning FAT for fuel! These bite-size bombs are the perfect treat to get a quick hit of the medium-chain triglycerides (MCT) your body needs for optimal performance. Plus, they give you long-lasting energy and taste like the tropics.

## AVOCADO CHOCOLATE CHIA PUDDING

A fan favorite! I love coming up with dessert recipes that contain only nourishing, alkaline ingredients your body loves. This dessert is a perfect example, where every ingredient will not only taste great, but also make your body look and feel its best.



## CHOPPED BERRIES WITH MINT AND COCONUT BUTTER

For a number of years berries have been on every list of some of the healthiest foods on the planet, particularly blueberries and strawberries. Combined in this dish with a healthy dose of fat from coconut butter and you've got yourself a delicious breakfast, snack, or dessert to enjoy any time!

### **One more note about nuts...**

If you never or rarely eat nuts, it's even more important than usual that you eat a diet rich enough in omega-3 fatty acids so you balance the good fats in your diet with the bad, which typically outweigh healthy fat 19:1!

Our [Alkamind Daily Omega-3](#) is the best quality supplement on the planet. It's the ONLY one with the ideal 2:1 ratio of EPA to DHA in a highly concentrated form. So you can take less and get more benefit from Plus it's heavy metal free and guaranteed for potency freshness, so no fishy taste.



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Dr. Daryl