

A 3-Course Valentine's Dinner from Alkamind

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Today, I'm bringing you a full 3-course menu for Valentine's Day to enjoy with that special someone.

Sure, you could go out to eat, as long as you have had reservations for months, and you're willing to eat overpriced food from a set menu that's not worth the hype.

But I know I'd prefer a romantic dinner in, where I can enjoy cooking together as I catch up with my love. Surprise someone you love with this tasty meal that says you care about their health and well-being.

Here is a great 3-course alkaline menu you can enjoy on February 14th or any night!

Start off the night with a delicious Watercress Grapefruit Salad. It's a super flavorful, herbaceous salad that will break you out of the routine of basic greens.

Next, the main course is a Cozy Winter Pasta that uses either kelp noodles or zucchini noodles. It cooks up in minutes so you can enjoy more quality time together.

Finally, indulge with decadent Raw Gluten Free Brownies. Warning: you might become addicted to this recipe. But that's okay! It's completely sugar-free, dairy-free, egg-free, gluten-free, and alkaline.

Enjoy and happy Valentine's Day from all of us at Alkamind!

WATERCRESS GRAPEFRUIT SALAD

Ingredients (serves 2)

2 cups watercress leaves, chopped

1 medium grapefruit, sectioned
2 scallions, finely chopped
2 tbsp. cilantro leaves, chopped
2 tbsp. mint leaves, chopped
2 tbsp. basil leaves, torn
1/2 avocado, sliced
4 tbsp. pomegranate seeds
1 tsp. raw sesame seeds
1/2 tsp. jalapeno, minced (optional)
2 tbsp. raw sliced almonds



Dressing

1/2 tsp. ginger, minced
Juice of 1 lime, fresh squeezed
1/2 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
2 tbsp. extra virgin olive oil

Directions

In a small bowl, whisk together dressing ingredients. In a large mixing bowl, add watercress, scallions, cilantro, mint, and basil. Cut grapefruit into bite-sized pieces and add to mixing bowl. Drizzle ginger dressing over salad and mix well. Top with sliced almonds, pomegranate seeds, sesame seeds, jalapeno, and avocado.

COZY WINTER PASTA

Ingredients (serves 4)

1 medium head of broccoli
3 tbsp. extra virgin olive oil or coconut oil
3 cloves garlic, minced
1 package of kelp noodles (substitute zoodles if you prefer)

½ tsp. red pepper flakes (optional)
1 leek, thinly sliced
1 handful parsley, chopped
1 sprig rosemary, chopped
1 can garbanzo beans, drained and rinsed (optional)
Salt and pepper



Directions

Heat oven to 400° F. Toss the broccoli in olive oil, garlic, salt, and red pepper flakes. Roast for 20 minutes until fork tender. Rinse and drain kelp noodles and soak in a pot of hot water (not necessary if you're using zoodles).

While broccoli cooks, heat 2 tbsp. of oil in a sauté pan and cook leeks until soft, about 8 minutes. Drain the kelp noodles and add to the leeks. Cook for another 7 to 8 minutes. Combine the broccoli and zoodles, if using, to the pan. Add parsley, rosemary, sea salt, and pepper. For added protein you can add a can of garbanzo beans.

RAW GUILT-FREE BROWNIES

Ingredients (makes 16)

1/4 cup coconut butter
3/4 cup cashews, chopped
3/4 cup dates, pitted and chopped
1/8 cup unsweetened shredded coconut flakes
1 tsp. cinnamon
2 tsp. vanilla (or 3-4 drops of Medicine Flower Vanilla)
1/4 cup cacao powder
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) to taste
Pinch cayenne pepper



Directions

Grind cashews in food processor into a powder. Add dates and grind 1 to 2 minutes. Add all other ingredients and blend well. Shape into small 1-inch

brownies and top with shredded coconut. Put in freezer for about 10 minutes or until firm. Brownies can be kept in freezer for storing.



You can add a scoopful of clean keto fats and proteins to these brownies or just about any chocolate dessert with our [Alkamind Organic Daily Protein](#), which features:

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Dr. Daryl