

## Autumn Greens Smoothie Recipe



I made this smoothie on a crisp morning recently, and I must say, it was the perfect way to start my day. The cinnamon, the pear, the almond butter – it's just right for fall.

*[Stay tuned on Thursday when I'll share 7 ways to make the most of your mornings.]*

I added a scoop of [Alkamind Vanilla Coconut Organic Daily Protein](#), but you could add [Alkamind Daily Greens](#) in either

Berry or Naked flavors instead if you wanted to.

You could also switch things up by swapping the coconut water for almond milk or coconut milk. As with all of our smoothies, you can change them for your taste preferences.

We aim to give you the framework for healthy eating – in this case greens, healthy fats, plant-based proteins, and fruit to make it taste good – and then give you the power to do things your way. That's what makes the alkaline lifestyle so sustainable.

Give it a try and let me know what you think over on [Facebook](#).

### AUTUMN GREENS SMOOTHIE

Ingredients [Serves 1]

1 cup coconut water  
1 large handful spinach  
½ banana, frozen  
1 pear, chopped  
Dash of cinnamon  
1 tbsp. chia seeds  
1 tbsp. raw almond butter  
Optional: 1 scoop of either [Alkamind Daily Greens](#) or [Alkamind Vanilla Coconut Organic Daily Protein](#)



Directions: Freeze pear overnight if desired. Blend and enjoy!

You can add a scoopful of clean keto fats and proteins to any smoothie with our [Alkamind Organic Daily Protein](#), which features:

- ZERO grams of sugar
- NO artificial anything!
- Only 110 calories per serving
- 20 grams of protein
- 3 core alkaline proteins
- Premium plant-based keto fats



***Fitness Magazine*** called it “a superfood lover’s dream.” And ***Shape Magazine*** listed it in their “Top 10 Plant-Based Protein Powders That Don’t Taste Like Dirt.”

So try it today! You can buy one jar or [Subscribe & Save 15%](#).

*Get Off Your Acid!*  
*Dr. Daryl*