

Green Almond Bliss Smoothie Recipe by Dr. Daryl

Starting today through the end of March, we're bringing you super GREEN recipes in honor of St. Patrick's Day.



Today, we are kicking it off with a yummy green smoothie recipe that will be an awesome change of pace if you're tired of the same old, same old smoothies.

The recipe combines kale and a frozen banana with ginger, cinnamon, nutmeg, and chia seeds for a spiced flavor whipped together with almond milk.

You may not believe this, but this green smoothie is a far better source of calcium than a tall glass of cow's milk! Almond milk – as long as it is calcium fortified – is a top vegan source of calcium, and kale is high in

calcium as well. Together, they'll deliver 60% of your recommended daily value of calcium in one tasty drink.

For more on this, watch for my blog post on Thursday: [The Best Ways to Prevent Osteoporosis \(Not What You Think\)](#)!

Until then, mix up your morning routine with this delicious smoothie and stay green!

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

GREEN ALMOND BLISS SMOOTHIE

Ingredients [Serves 1]

1 cup unsweetened almond milk
cup kale (stems removed, lightly packed)
banana, frozen
tbsp. raw almond butter
inch fresh ginger root
Dash cinnamon
Dash nutmeg
tbsp. chia seeds



Directions

Blend all ingredients except chia seeds and then top with chia seeds. 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 healthy 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.”

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GET OFF YOUR ACID!

Dr. Daryl

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