

## Late Summer Refresher Smoothie Recipe by Dr. Daryl



This smoothie could not be more perfect for this time of year – not quite summer still but also not really fall yet. It features green apple and ginger for a zingy flavor that will energize your morning.

It has chia seeds for healthy fats, which makes it nut-free. Many of our smoothies contain nuts, but it's always good to have nut-free options. You can also make a lot of our smoothies nut-free by swapping almond or cashew milk with coconut milk and any nut butters with chia seeds instead.

*On Thursday, I'll share 15 original nut free recipes for breakfast, snacks, and desserts. Don't miss it!*

Until then, give this refreshing, tasty smoothie a try on one of these early fall mornings. You're sure to love it. Let me know what you think over [on Facebook](#).

### LATE SUMMER REFRESHER SMOOTHIE

#### Ingredients [Serves 1]

- 1/2 cucumber
- 1 handful spinach
- 1 small green apple
- 1-inch piece ginger
- 2 tbsp. chia seeds
- 1 cup coconut water



#### Directions

Two blending options...Option 1: In blender combine all ingredients, blend, and enjoy!  
Option 2: Combine all ingredients in blender except chia seeds. Add 1 tbsp. of chia seeds and blend all ingredients until smooth. Once blended, add 1 more tbsp. of chia seeds and pulse blender once or twice. This will leave the chia whole. If you have a Vitamix, blend at low variable speed for 30 more seconds.

Enjoy!

Add a scoop of [Alkamind Daily Greens](#) to any smoothie, and you'll get a dose of the most powerful, alkaline food on the planet! We've combined organic wheatgrass with cabbage, collard greens, parsley, romaine, dandelion, beets, carrots, broccoli, cucumbers, and celery to bring you the best quality greens available anywhere.



*GET OFF YOUR ACID!*  
*Dr. Daryl*

#getoffyouracid #alkalinerecipes #alkamind  
#plantbased #smoothieideas #fallsmoothies