

## Mint Chocolate Chip Smoothie Recipe



One of the biggest reasons people don't eat healthy foods is because they feel they just don't taste good, and that is a completely valid concern. When I started on my health path years ago trying to overcome a lifelong addiction to sugar, the hardest part for me was finding healthy foods that tasted good.

If it didn't taste good, I wasn't going to eat it or drink it, and I soon learned there was no way that I could SUSTAIN the alkaline lifestyle this way. There had to be another way. If you want to succeed in living a healthy lifestyle, you have to enjoy what you are eating and drinking.

The Mint Chocolate Chip Smoothie is a hands-down favorite! It tastes just like a chocolate mint milkshake.

It's LOADED with healthy fats like coconut, chia, avocado, and raw almonds that will make your skin and hair look younger as you enjoy this creamy, smooth, and decadent treat.

*Watch for my blog post on Thursday: [The Problem With Collagen \(You Might Not Want to Hear This!\)](#) for more about what really makes you look younger.*

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

### MINT CHOCOLATE CHIP SMOOTHIE

Ingredients [Serves 2]

1 cup coconut milk (or almond milk - add more for thinner consistency)  
Handful spinach  
1/2 cup packed mint leaves  
1/4 cup raw almonds  
2 tbsp. cacao nibs  
1/2 small avocado  
1 tsp. chia (add before or after blending)  
1 cup ice  
1 scoop Alkamind Creamy Chocolate Organic Daily Protein (substitute: 2 pitted dates + 1 tbsp. raw cacao powder)



### Directions

Blend spinach, mint leaves, and coconut milk for 1 minute. Add remaining ingredients,

blend until smooth, and enjoy!

**GET OFF YOUR ACID!**

*Dr. Daryl*

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.”

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

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