

Vanilla Cardamom Smoothie Recipe



In my post on Thursday, I'm going to share the best ways to declare your independence from common cravings like sugar.

Two of the best ways are eating more foods rich in magnesium, and getting plenty of healthy fats in your diet. Today's recipe combines both strategies in one delicious smoothie that's sure to satisfy your sweet

tooth without the acid of most sweet foods.

This flavor-packed breakfast combines avocado and chia seeds to keep you full until lunchtime with the exotic flavors of cardamom, vanilla, coconut, and banana.

Give it a try and tag us on Instagram with your recipe pictures, @GETOFFYOURACID

VANILLA CARDAMOM SMOOTHIE

Ingredients [Serves 1]

1 cup spinach
½ cup coconut water
1 banana, frozen
½ Hass avocado
1 ½ tsp. cardamom powder
1 tbsp. chia seed
1 tsp. vanilla extract, alcohol free (4 drops Medicine Flower Vanilla Extract)
1/2 cup ice cubes

Optional: 1 scoop Alkamind Vanilla Coconut Daily Plant-Based Protein Powder

Optional: 3 drops stevia, Unsweetened coconut flakes



Directions: Blend all ingredients until smooth and garnish with unsweetened coconut flakes.



protein sources!

[Alkamind Organic Daily Protein](#) is unique for its nutritional profile:

- ZERO grams of sugar
- 100% plant-based
- Clean Keto Fats, Acid-Fighting Minerals
- NO artificial sweeteners
- Only 110 calories per serving
- 20 grams of protein – more than the industry standard AND with better

Fitness Magazine called it “A Superfood Lover’s Dream!”

Shape Magazine listed us 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%](#).