

The "Fill-Me-Up-Until-Lunch" Alkaline Smoothie

submitted by crediblesauce



Per serving: 462 Calories • 21.2g Carbs (12.3g Fiber) • 39.4g Fat • 13.9g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1/4 fruit **Avocados** (50.3 grams)
- 1 1/2 cup **Spinach** (45 grams)
- 1 1/4 cup, chopped **Watercress** (42.5 grams)
- 1/4 cup, whole **Almonds** (35.8 grams)
- 1/2 tbsp **Coconut oil** (6.8 grams)
- 1/2 tbsp **Chia seeds** (6 grams)
- 1/2 tbsp **Almond butter** (8 grams)
- 3/8 cup **Almond milk** (90 grams)
- 1/2 cup **Water** (118 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Soak the almonds overnight or for at least 4 hours (unless you've got a Vitamix or other high powered blender, and then this step is optional).
2. Simply blend the ingredients together, starting with the avocado, greens and liquids to form a base, before putting everything else in – except the chia.
3. Once it's all blended, stir through the chia seeds and then wait for 2 minutes for the chia to thicken the liquid. Enjoy!