



10 Day Alkaline Challenge

Menu Plan - Day 10 - Recipes 'The Final Day'

Breakfast

Banana Pancakes - Serves 2

INGREDIENTS:

1 1/2 ripe banana's
1/2 tbsp coconut oil, plus extra for frying
1/2 tsp ground cinnamon
90g gluten free or plain flour
15g coconut sugar
1 tsp baking powder
240ml plant-based milk (I use coconut or almond)
30g pecans
50ml maple syrup (optional)
cacao nibs (optional)



METHOD:

1. Pre-heat the oven to 50C
2. Put 1 banana, the coconut oil, cinnamon, flour, sugar, baking powder and milk into a food processor and whizz to a smooth batter
3. Add a little coconut oil to the frying pan and warm it so that its reasonable hot, but not smoking
4. Pour about 3 tablespoons of the mixture for each pancake into the pan and fry for about 2 minutes, until bubbles start to appear on the surface of the pancakes. Flip

them over and fry the other sides for another 1-2 minutes. Remove to the ovenproof plate and put it in the oven to keep warm while you cook the rest of the pancakes

5. Slice the 1/2 banana. Put the pecans in a mortar and lightly crush with a pestle (or put them in a plastic bag and crush with a rolling pin)
6. Stack the pancakes on 2 serving plates. Put the banana slices on top and scatter over the pecans. Drizzle with the maple syrup and sprinkle over the cacao nibs

NOTE: This is a wonderful easy-to-prepare breakfast for those mornings when you are looking for something delicious to start your day. Experiment with toppings, but if you make sure there is plenty of fruit then it counts as your five (or ten) a day!