



## 10 Day Alkaline Challenge

### Menu Plan - Day 5 - Recipes

#### Breakfast

##### Summer Fruit Porridge

##### INGREDIENTS:

100g gluten free porridge oats  
175ml hemp, almond, coconut milk  
25g dried mango  
25g dried apricots  
pinch of chai seeds

##### METHOD:

1. Mix the porridge oats and milk in a saucepan on a low heat
2. Stir until the mixture begins to thicken and the oats soften
3. Either add in the dried fruit and continue to stir until warmed through or add the dried fruit on top when serving
4. Sprinkle on the chai seeds to serve



