



## 10 Day Alkaline Challenge

### Menu Plan - Day 6 - Recipes

#### Breakfast

##### Melon & Berries

##### INGREDIENTS:

100g watermelon  
75g honeydew melon  
50g mango, peeled & cubed  
1tbsp fresh chopped strawberries  
1tbsp fresh chopped blueberries  
2tbsp coconut cream  
1tsp honey  
1tsp coconut flakes  
fresh mint leaf to garnish



##### METHOD:

1. Toss all of the fruit in a bowl, mix together well
2. Add in the coconut cream, honey and coconut flakes and stir gently, but well, until all the fruit is evenly covered
3. Garnish with a fresh mint leaf to serve

**NOTE:** This is the leftovers from Day 5's dessert

