



## 10 Day Alkaline Challenge

### Menu Plan - Day 7 - Recipes

#### Breakfast

##### Smashed Avocado Bruschetta

###### INGREDIENTS:

2 ripe avocados, peeled, de-stoned & mashed  
2 ripe tomatoes, finely diced  
1/4 garlic clove, crushed  
1 tsp freshly squeezed lime juice  
pinch of sea salt  
1 tbsp coriander, finely chopped  
1 tsp avocado oil or olive oil  
2 thick slices of sprouted wheat bread or gluten free bread  
1 tsp dried chilli flakes  
1 tsp chai seeds

###### METHOD:

1. Place the mashed avocado, diced tomato and garlic into a bowl and combine together
2. Add the lime juice, sea salt, coriander and oil into the avocado mixture
3. Lightly toast the bread and then gently spread the avocado mixture on top
4. Sprinkle over the chilli flakes and chai seeds to serve

**NOTE:** Avocado is considered an alkaline superfood. It is packed with antioxidants and can be easily incorporated in lots of breakfast recipes

