



10 Day Alkaline Challenge

Menu Plan - Day 8 - Recipes

Breakfast

Sweet Potato Muffins

INGREDIENTS:

olive oil
600g sweet potatoes or ½ a butternut squash
4 spring onions
1-2 fresh red chillies
6 large free-range eggs
3 tablespoons cottage cheese
250g wholemeal self-raising flour (you can use gluten free)
50g Parmesan cheese
1 tablespoon sunflower seeds
1 tablespoon poppy seeds



METHOD:

1. Preheat the oven to 180°C/350°F/gas 4. Line a 12-hole muffin tin with paper cases or 15cm folded squares of greaseproof paper, then lightly wipe each one with oiled kitchen paper.
2. Peel the sweet potatoes or squash and coarsely grate into a large bowl. Trim the spring onions, then finely slice with the chilli and add to the bowl, reserving half the chilli to one side.
3. Crack in the eggs, add the cottage cheese and flour, then finely grate in most of the Parmesan and season with sea salt and black pepper. Mix until nicely combined.
4. Evenly divide the muffin mixture between the cases. Sprinkle over the sunflower and poppy seeds, then dot over the reserved slices of chilli

5. Use the remaining Parmesan to give a light dusting of cheese over each one, then bake at the bottom of the oven for 45 to 50 minutes (if using squash, it'll be a bit quicker – check after 35 minutes), or until golden and set.
6. These are amazing served warm 5 minutes after taking them out of the oven and good kept in the fridge for a couple of days. Enjoy 2 muffins per portion

NOTE: I like to make the muffin mixture and divide it up the night before, ready to bake fresh in the morning – that way you can even bake off portions as and when you want to eat them.