



10 Day Alkaline Challenge

Menu Plan - Day 9 - Recipes

Breakfast

Overnight Bulgar Wheat Breakfast

INGREDIENTS:

1 cup bulgar wheat
2 cups boiling water or vegetable broth
2 tsp Winter Spice Mix (see below)
1/4 cup raisins (optional) or 1/2 cup grated carrots
pinch of salt



METHOD:

1. Rinse the bulgar wheat and place in a medium saucepan. Pour 2 cups of boiling water or broth over the grains, cover and soak overnight
2. In the morning, add the Winter Spice Mix and a bit of water to the pan to keep the bulgar wheat from sticking to the bottom and turn the heat up to medium. Add raisins, if using or vegetables. Put in the grated carrot. Do not stir. Cover and steam for 7-10 minutes.
3. Add salt and fluff with a fork before serving in 2 bowls.

NOTE: You can make this recipe without vegetables. Soak the raisins and the spice mix overnight with the bulgar wheat and simply warm the cereal on top of the cooker for a few minutes before eating.

NUTRITIONAL NOTE: A savoury breakfast as opposed to a sweet one sets you up for a steady day. Take the leftovers for lunch if you have any left

Winter Ayurveda Spice Mix - makes 1/4 cup

INGREDIENTS:

1 tbsp coriander seeds
1 tbsp cumin seeds
1 tbsp turmeric powder
1/2 tsp salt
1/2 tsp brown cane sugar or coconut sugar
1 tsp ginger powder
1 tsp black pepper (optional)

METHOD:

1. Dry roast the coriander and cumin seeds in a heavy-based pan over a medium heat until you can smell them (usually for a few minutes).
2. Allow to cool completely and then combine with the other ingredients and grind to a uniform consistency in a spice dedicated coffee grinder or with a mortar and pestle
3. Store in a small glass spice jar with a shaker tip or an airtight small container