



10 Day Alkaline Challenge

Menu Plan - Day 3 - Recipes

Dessert

Baked Banana

INGREDIENTS:

1 large, ripe banana
1tsp coconut cream
1tsp coconut flakes
Honey to drizzle (optional)



METHOD:

1. Pre-heat the oven to 180C/Gas Mark 4
2. Wrap the banana, still in the skin, in tin foil and place on a baking tray
3. Cook for 10-15 minutes or until the banana has softened. Remove from the tin foil and remove the peel
4. Place on a plate or bowl ready to serve and accompany with a small dollop of coconut cream
5. Sprinkle coconut flakes on top and drizzle with honey to serve