



## 10 Day Alkaline Challenge

### Menu Plan - Day 10 - Recipes 'The Final Day'

#### Dessert

##### Non-dairy Berry Parfait - Serves 2

##### INGREDIENTS:

- 1/2 cup soaked cashews (soak at least 20 minutes – up to an hour)
- 1/2 cup unsweetened almond or coconut milk
- 1/2 tsp vanilla extract or vanilla pod
- 1 cup frozen berries
- 1/3 cup rolled gluten-free oats (no need to cook these!)
- 1 tbsp hemp seeds
- cashew cream or dairy free cream (optional)



##### METHOD:

1. Combine cashews, coconut milk and vanilla in a blender and blend until smooth to make a cashew cream. Layer ingredients in a small cup: Dollop of cashew cream (optional), spoonful of berries, top with oats and hemp seeds and enjoy!

**NUTRITIONAL NOTE:** This delicious berry parfait for you contains no dairy products and a lot of great alkaline ingredients to balance out the mild acid in the berries. Remember, that's the key to enjoying fruit that's naturally higher in sugar – always pair it with good fats and plant-based proteins. In this case, raw almonds, cashews, coconut milk, and hemp seeds.

