



10 Day Alkaline Challenge

Menu Plan - Day 2 - Recipes

Dessert

Chai Seed Pudding

INGREDIENTS:

250ml coconut milk
4tbsp chai seeds
1/2 tbsp raw honey
dash of vanilla extract
pinch of coconut flakes
blueberries (optional)

METHOD:

1. Simply place all of the ingredients in a food processor or use a hand blender. Blend until a smooth mixture is created
2. Pour the mixture into a glass, bowl or dish to serve. Place in the fridge for at least 4 hours to allow the mixture to set
3. For best results, allow the mixture to set in the fridge overnight
4. Serve with fresh blueberries and a sprinkling of whole chai seeds

