



## 10 Day Alkaline Challenge

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

#### Lunch

#### Spiced Butternut Squash Soup

##### INGREDIENTS:

600ml vegetable stock  
1 small potato, peeled & cubed  
1 carrot, peeled & cubed  
800g butternut squash, peeled, de-seeded & cubed  
1/2 tsp nutmeg  
1 tsp cumin  
1/4 tsp allspice  
150ml plant based milk (almond I use)  
sea salt & pepper to season  
1 tbsp butternut squash seeds, chopped



##### METHOD:

1. Bring the stock to the boil
2. Add the potato, carrot and butternut squash to the stock and simmer for 10 minutes
3. Add in the spices and allow the soup to simmer for a further 10-15 minutes or until the vegetables are tender
4. Keeping on a low heat, stir in the milk and season with sea salt and pepper. Use a hand blender and blend until you have a smooth, lump free texture.
5. Sprinkle the seeds on top to serve

**NOTE:** You can roast the seeds before chopping if you prefer

**NOTE:** This soup can be done in a soup maker