



10 Day Alkaline Challenge

Menu Plan - Day 7 - Recipes

Lunch

Beetroot & Ginger Soup

INGREDIENTS:

600ml vegetable stock
1 potato, peeled & chopped
1/2 small onion, peeled & chopped
125g fresh tomatoes, chopped
150g beetroot, grated
3/4 tbsp fresh root ginger, finely grated
1/2 tsp allspice
sea salt & pepper to season
1 tsp chai seeds



METHOD:

1. Bring the stock to the boil
2. Add all the ingredients into the saucepan and boil for 25-30 minutes or until the vegetables are tender
3. Season with salt & pepper, then use a hand blender or food processor to blend until you have a smooth, lump free texture
4. Sprinkle the chai seeds on top to serve

NOTE: Beetroot is a powerful antioxidant and is particularly good for hair, nails & skin as well as improving kidney functions and aiding digestion. This soup can also be made in a soup maker