



10 Day Alkaline Challenge

Menu Plan - Day 7 - Recipes

Snack

Hemp Protein Squares - Makes 6

INGREDIENTS:

- 1/4 cup hemp protein powder
- 1/2 cup almond butter
- 1/4 shredded coconut
- 1 tbsp coconut oil
- 1/4 medjool dates (about 4-5 dates)
- 1/4 cup dried apricots (about 6)
- 1/8 tsp cardamom powder (optional but it does give it a good flavour)



METHOD:

1. In a food processor, mix together all the ingredients except 1 tsp of the coconut oil. Run the processor until the mixture forms a ball. If it doesn't form a ball, add the remaining coconut oil and continue to process until it does. Press the mixture into a shallow 8x8 inch baking dish or square, lidded storage container and refrigerate until hard.
2. To serve, cut into squares

NOTE: Hemp is a balanced vegetarian source of protein, with easy-to-digest fats and a nutty flavour.

NUTRITIONAL NOTE: Hemp Protein is simply ground hemp seed, which retains its fibre and omega fats. Unlike some protein powders, in which a whole food has been separated into different parts, hemp protein remains a whole food. Our bodies are more likely to recognise, metabolise & assimilate a whole food than one that has been separated.