



## 10 Day Alkaline Challenge

### Menu Plan - Day 2 - Recipes

#### Snacks

##### Zesty Green Crisps

###### INGREDIENTS:

bunch kale  
1 tbsp olive oil  
1 tsp sea salt  
1 tsp black pepper, crushed  
1 tsp cayenne pepper  
1 tsp chilli powder  
2 tbsp nutritional yeast flakes

###### METHOD:

1. Preheat oven to 150C and line 2 baking trays with parchment paper
2. Place the kale in a large bowl and pour the olive oil on top. Massage kale gently until full coated.
3. In a small bowl, combine salt, pepper, cayenne,



*‘When we nourish our body and live with energy,  
we live with positivity’*