



10 Day Alkaline Challenge

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

Snacks

Paprika Roasted Almonds

INGREDIENTS:

2 handfuls of almonds
1 tsp flaxseed oil
pinch of sea salt
1 tsp paprika
1 tsp mild chilli powder



METHOD:

1. Pre-heat the oven to 180C / Gas Mark 4
2. Toss the almonds in a bowl with the flaxseed oil, sea salt, paprika and chilli powder
3. Place on a lined baking tray and cook in the oven for 12-15 minutes or until crispy and golden brown
4. Allow to cool for a few minutes before serving

NOTE: I keep mind in an airtight container and snack on them throughout the day

NOTE: Try crushing the almonds to create a topping with a kick to finish off a fresh salad.

