



## 10 Day Alkaline Challenge

### Menu Plan - Day 2 - Recipes

#### Breakfast

##### Super Greens & Mushrooms

###### INGREDIENTS:

1tbsp flaxseed oil  
8 asparagus spears  
pinch of sea salt  
100g button mushrooms, chopped  
1/2 clove of garlic, crushed  
150g fresh spinach  
2 large handfuls of rocket leaves (optional)  
1tsp flaxseed  
1tsp pine nuts  
1tsp hemp seeds (optional)



###### METHOD:

1. Pre-heat the oven to 180c/Gas 4
2. Drizzle half of the flaxseed oil onto a baking tray
3. Place the asparagus stalks on the tray and drizzle the rest of the oil over the stalks. Season with sea salt and place in the oven to roast for 15 minutes or until tender
4. Place the chopped mushrooms into the pan with some oil, add the garlic and stir together. Allow the mushrooms to cook for a few minutes or until soft, stirring them every now and again
5. Add in the spinach and cook for a further 2 minutes until the spinach is softened and wilted into the mixture
6. Use the rocket leaves as a base to serve. Lay the grilled asparagus on the rocket bed, spooning the mushrooms on top
7. Sprinkle over the pine nuts and seeds to serve

If you have decided not to make this recipe for breakfast then you can easily use the rest of the smoothie from yesterday if you have any left over.