

energiseforlife.com alkaline lifestyle guide

the alkaline recipe book



alkaline recipe book
quick & easy alkaline recipes

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important!

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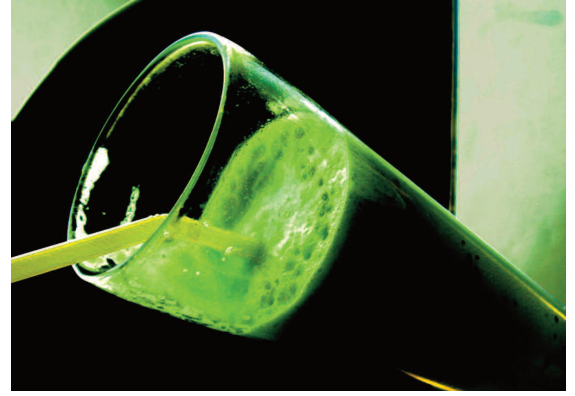
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SAMPLE RECIPES



Energise Alkaline Green Drink

The core green-drink and our most popular recipe!

Serves: 2

Preparation Time: 10 minutes

Ingredients:

- 2 sticks of celery
- 1 cucumber (medium to large)
- 2 large handfuls of spinach leaves
- 1 large handful of lettuce (any - dark green preferably)

Optional:

- Lemon/Lime - freshly squeezed
- Green powder
- pH drops
- Kale
- Parsley

Instructions:

Thoroughly wash all of the ingredients and slice thinly enough to pass through the juicer. I recommend that you cut the celery into quite small pieces as the stringy fibres can get caught up in the juicer, especially if you are using a masticating juicer. Add the green powder and pH drops at the end and stir thoroughly. If you find the taste too 'vegetable-y' you can squeeze in fresh lemon or lime. This makes it both more alkaline and tasty!

Note:

This is a highly alkaline green drink. I personally drink this more than any other juice or smoothie. It is fresh, nutritious and keeps me buzzing for hours!

SAMPLE RECIPES



Alkaline Avocado Power Shake!

Filling, nutritious, alkaline and satisfying - keeps you on top of your game for hours!

Serves: 2

Preparation Time: 15 minutes

Ingredients:

- 1 cucumber
- 2 tomatoes
- 1 avocado
- 1 handful spinach leaves
- 1 lime
- ½ red pepper
- ½ teaspoon vegetable stock
- 1 scoop green powder (optional)
- 1 scoop Super Soy Sprouts (optional)
- 1 tablespoon Udo's Choice (optional)

Instructions:

Wash all of the ingredients thoroughly and then chop the cucumber, tomato, pepper and avocado roughly.

Dissolve the vegetable stock in a small amount (50ml) of warm water and place the avocado and stock in the blender and whizz into a paste.

Next, add the high water content ingredients into a blender and blend until they are becoming more liquid.

Finally add the spinach, lime and supplements and blend until all ingredients are thoroughly mixed.

Serve in a tall glass.

SAMPLE RECIPES



Transition Breakfast Muesli

A great transition breakfast muesli - giving you nutrition and moving you towards alkaline

Serves: 2

Preparation Time: 5 minutes

Ingredients:

Toasted oats

Handful almonds

Handful walnuts

Handful dried cranberries

1 banana

1 spoon natural live bio-yoghurt

Soy or rice milk to taste

Instructions:

Mix ingredients together and serve with your milk of choice and the yoghurt on top!

SAMPLE RECIPES



Raw Italian Summer Soup

This was first posted on our blog three years ago - and has had hundreds of glowing reviews!

Serves: 2

Preparation Time: 5 minutes

Ingredients:

- 1 avocado (add more for extra creaminess)
- 6 tomatoes, skinned
- A generous bunch of basil
- 1/4 of a cup of cold pressed oil (olive, hemp or blend)

Instructions:

Place the avocado (peeled and stoned), skinned tomato, basil and oil into a blender and whizz until smooth.

For extra smoothness you can put through a sieve (removes the tomato pips). If you prefer it a little 'thinner' juice a cucumber and add.

I also like to have a drizzle of oil on the top and also to rip a few extra basil leaves on top.

SAMPLE RECIPES



Carrot & Almond Salad

A highly nutritious and crunchy salad. Love that texture!

Serves: 2

Preparation Time: 20 minutes

Ingredients:

- 1 carrot
- ¼ red cabbage
- 2 spring onions
- Handful of baby spinach leaves
- Handful of almonds, halved
- 1 clove of garlic

Instructions:

Thinly slice the cabbage and slice the carrot to make rounds. Cut the spring onions lengthways and then half to create shreds. Crush the garlic and mix all ingredients together. Dress with lemon and olive oil or any other dressing from this book.

SAMPLE RECIPES



Carrot & Courgette Stack

Raw, fresh and alkaline - this is a vibrant, refreshing lunch or dinner

Serves: 2

Preparation Time: 20 minutes

Ingredients:

- 2 serves quinoa
- Handful baby spinach leaves
- 1 carrot
- 1 courgette
- ½ avocado
- Sesame seeds
- 1 lemon or lime
- Olive/avocado oil or Udo's Choice

Instructions:

Cook the quinoa and arrange a base on two plates

Grate the carrot and courgette to form a stack

Sprinkle chopped spinach and avocado on top and then top with sesame seeds, lemon juice and oil

Season to taste

SAMPLE RECIPES



Thai Green Curry Made Alkaline

My absolute favourite!

Serves: 2

Preparation Time: 40 minutes

Ingredients:

2 spring onions
Broccoli
½ cauliflower
1 carrot sliced
125ml coconut milk
Handful of coriander
Large finger of ginger
1 stick of lemongrass
1-2 chillis
2 limes
Asian greens (bok choi etc.)
½ teaspoon of green curry paste
Cubes of firm tofu (optional)
Soba noodles or brown rice

Instructions:

Juice the lime, slice and bash the lemongrass, slice the ginger and roughly chop the coriander. Mix together and allow to infuse.

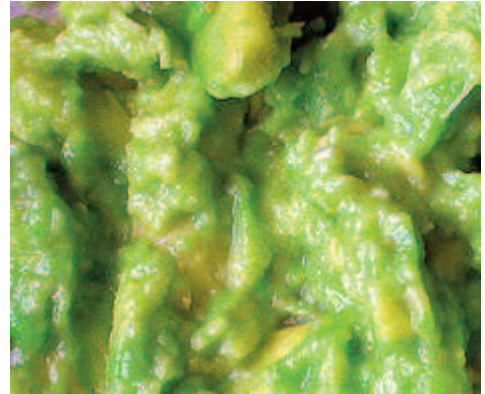
Next thinly slice the spring onion and carrot, cut the brocoll and cauliflower and steam fry along with the asian greens and tofu if desired.

Once steamed (five mins) add the infused chili, lime and lemongrass, coconut milk and paste.

Gently simmer for five minutes and serve either alone or with soba noodles or brown rice.

Optional: grate the lime before juicing and use as a garnish when serving.

SAMPLE RECIPES



Alkaline Nachos

I bet you never thought you'd be allowed nachos on the alkaline diet!

Serves: 2

Preparation Time: 20 minutes

Ingredients:

Sprouted Wheat Tortillas

Avocado/guacamole

Tomatoes

Red chilli pepper/jalapenos

½ can kidney beans

1 spring onion

Instructions:

Lightly toast the sprouted wheat tortillas to make crisp and warm.

Mash the avocado or make alkaline guacamole and spread over the tortillas. Next, cover with diced fresh tomatoes, thinly sliced chilli/jalapenos, the drained and washed kidney beans and the thinly sliced spring onion.

Season to taste and enjoy!

do you have a recipe to share?

We are always on the look out for new alkaline recipes to delight our tastebuds!

If you have a recipe to share please contact us through our website at www.energiseforlife.com

We hope to hear from you soon, but until then...

Happy cooking!