

Five Sample Recipes from:



The
Alkaline Diet
Recipe Book

Over 100 delicious, easy & alkaline recipes designed to make the alkaline diet EASY!

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

Any other greens (just nothing onion or garlic-based!)

Instructions:

- 1** 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.
- 2** Once all of the ingredients have been juiced, add the green powder and pH drops 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!

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 Mega Greens (optional)

1 scoop Super Soy Sprouts
(optional)

1 tablespoon Udo's Choice
(optional)

Instructions:

- 1** Wash all of the ingredients thoroughly and then chop the cucumber, tomato, pepper and avocado roughly.
- 2** Dissolve the vegetable stock in a small amount (50ml) of warm water.
- 3** Place the avocado and stock in the blender and mix into a paste.
- 4** Next, add the high water content ingredients (cucumber, tomato etc) into a blender and blend until they are becoming more liquid.
- 5** Finally add the spinach, lime and supplements and blend until all ingredients are thoroughly mixed.

Serve in a tall glass.

Alkaline Baked Bean Salsa Brekkie

Look at all of those alkalising, energising ingredients! A great start to the day!



Serves: 2

Preparation Time: 30 Minutes

Ingredients:

1 can of haricot beans

4 spring onions

6 cherry tomatoes

1 handful of basil

2 handfuls of spinach

2 cloves of garlic

1 avocado

½ lemon

Olive oil

Himalayan salt & black pepper

Instructions:

- 1** Roughly chop the spring onions, halve the cherry tomatoes, and finely chop the garlic. Now, in a reasonably sized frying pan, bring a little water to the boil (maybe 50ml or less) and 'steam fry' the garlic for one minute.
- 2** Now throw in the cherry tomatoes, haricot beans and spring onions until everything softens. This should only take a minute.
- 3** Next add the basil and spinach until it is just wilted and season with Himalayan salt and black pepper.
- 4** While this is cooking prepare a side salad and halve the avocado and voilà.
- 5** Serve the bean salsa mix with salad and the halved avocado, with lemon and olive oil drizzled all over.

Alkalising Raw Soup

High in good fats and also cucumber which is well known for its cleansing properties



Serves: 2

Preparation Time: 20 Minutes

Ingredients:

1 avocado

2 onions

1/2 red or green pepper

1 cucumber

2 handfuls of spinach

1/2 clove of garlic

Bragg Liquid Aminos to taste

100ml of light vegetable Bouillon
(yeast free)

Juice of 1 lemon or lime

Optional: coriander, parsley,
cumin.

Instructions:

- 1** Blend the avocado and stock to form a light paste, then add the other ingredients and blend.

Simple as that!

Chilli-Lime Steam Fry

Vibrant, fruity, healthy and quick main meal. What more could you ask for?



Serves: 2

Preparation Time: 25 Minutes

Ingredients:

1 small red chilli
(or as hot as you can handle!)
Large handful of coriander
Juice of 1 lime
Small block ginger
1 garlic clove
Bok-choi or other Asian greens
Beansprouts
1 carrot
5 spring onions
1 pepper
1/2 courgette
4 broccoli florets
Handful sugar-snap peas
1 teaspoon vegetable bouillon
or half a stock cub
(yeast and salt-free)
Soba noodles or brown rice.

Instructions:

- 1** First, finely chop the chilli and pick the coriander leaves. Now with a pestle and mortar mash together and add the lime juice. Leave to one side to infuse.
- 2** Now get the rice cooking if you're having rice. If you're having soba noodles you can get these ready at the same time as you do stem four.
- 3** Finely slice the carrots into matchsticks, slice the bok choi, finely slice the spring onion, and dice the pepper and courgette.
- 4** Cut the broccoli florets so they are quite small too. We are aiming to make the food sliced to cook quickly.
- 5** Prepare the stock with 50ml of water and heat in a frying pan until boiling. Next steam fry the garlic and ginger for a minute before adding the remaining vegetables.
- 6** After three minutes of steam frying. Remove and place on a bed of brown rice or soba noodles. Coat with chilli-lime dressing and serve

Have you ever wanted to live alkaline but didn't have a clue what to cook?

Now, at last, the Alkaline Diet Recipe Book gives you over 100 simple, delicious & alkaline recipes for you and your busy lifestyle!

Energise have been leading the way in the alkaline diet world for over five years. Having helped thousands of people successfully transition to a healthy, alkaline, balanced life they have identified that not knowing what to cook as being the #1 problem that holds people back from the health of their dreams.

Now for the first time they have put together their huge collection of alkaline recipes in one place - The Alkaline Diet Recipe Book.

These recipes are REAL food for REAL people - no strange, inedible meals from ingredients you've never heard of - these are real meals for everyday people including lasagnes, pastas, curries, Mexican, Italian, Indian, Thai and all of the most nutritious juices, soups, salads and smoothies you could imagine. One week of eating these meals will have you bursting with energy, health and vitality.

This is REAL food made alkaline



Every recipe has been carefully crafted by real people living the alkaline diet. These recipes are the result of years of trial and error and are designed to be quick and easy to cook, delicious, and, most importantly, 100% alkaline & packed with nutrition.

We understand that you want to live alkaline and healthy but still need to feed yourself and your hungry family - so you need quick meals that are as tasty as they are healthy.

Now you finally have the world's first 100% alkaline cook book that ticks all of your boxes!

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