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Directions: You combine vegetables and herbs in a large and pretty bowl You toss

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well You combine the remaining ingredients except the water in your measuring cup You stir well You add a bit of filtered water at a time until you see it is smooth and creamy You either offer this sauce on the side or ...

29 high alkaline diet recipes – easy food

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ideas to choose

Ingredients ½ cup blueberries 1 tbsp raw  
almond butter A handful of spinach 1 tbsp  
chia seeds 1 tbsp ground flax seeds A cup  
of coconut milk 1 tbsp coconut oil 1 tbsp  
hemp seed powder

25 Alkaline Recipes to Jumpstart Your

*Page 20/35*

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Dinner is probably the mealtime most of us see as the most enjoyable. Warm, filling and nourishing food at the end of a hard day. Sadly, for a lot of us, dinner time has become hurried, stressful and nutrient-poor as we are under time pressure to get a meal on the table for the whole family

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(or even just our own hungry body!).

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Here are some recipes that focus on alkaline ingredients: 1. Courgette and quinoa salad – this one is super simple and perfect for a pre-made office lunch. 2. Cauliflower gnocchi – totally tasty and totally vegan. 3. Warm avo and quinoa salad – it only takes 25 minutes to prepare. 4.



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10 amazing recipes charged with high  
alkaline foods - Food24

INGREDIENTS:  $\frac{1}{4}$  cup pumpkin puree  
 $\frac{1}{4}$  cup puffed rice granola/ organic oats  
 $\frac{1}{2}$  cup of almond milk/soy milk 2 tbsp of  
raw honey 1 tsp grated lemon zest 1 sliced  
fresh strawberry (optional) 2 tbsp slivered

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almonds (optional). ORGPumpkin Muesli.

**DIRECTIONS:** 1. Combine pumpkin puree and rice granola in a bowl.

## THE ACID ALKALINE RECIPES -

Alkaline Foods & Alkaline Diet

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- Early Fall Apple Cabbage Salad with

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Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious ...

One of the easiest alkaline recipes for



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dinner to make is steamed or stuffed vegetables. Mixed vegetables that are steamed are good choices of dinner. However, you must choose vegetables that are high in alkaline. The most recommended veggies to mix and steam are carrots, zucchinis, broccolis and celeries.

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