



## 41 Alkaline Recipes and Low Acid Alternatives: Lunch and Snacks for in Between Meals: European Measurements (Paperback)

By Mattis Lundqvist

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From brownies and salads to tasty gazpacho. . 41 alkaline recipes and low acid alternatives for everyday use. Recipes: eggplant caviar Basil lentils stew Alkaline lunch break smoothie Alkaline salad Alkaline sandwich Alkaline paleo-vegan ice cream Basmati rice with black beans Invigorating soup Peas and orange salad pea risotto Fine chickpea salad Baked apple with raspberries Alkaline goulash Cucumber Salad Paleo Cold blueberry soup carrot ginger porridge Garlic with mushrooms Coconut-Aubergine Magic pumpkin avocado salad Pumpkin Seed Spinach-Tomato-Soup Oven bananas with pear and orange sauce Paleo biscuit snack pistous soup quinoa gazpacho Quinoa coconut salad quinoa salad Low acidity blueberry muffins Low acid tomato soup Acid-reduced chocolate brownies Hot courgette noodles with chickpeas Homemade hummus Homemade coconut milk drink Homemade almond milk drink Sesame hazelnut protein bomb sweet potato pastry Sweet potato salad with cocktail tomatoes tacosalad Vegan Sweet Potatoes-Beans-Quinoa Bowl Vegan bean chili Cinnamon pumpkin bread courgette paleo-hummus.



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