



Four Simple, Delicious & Highly Alkaline Snacks!

Alkaline Living Made Easy

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welcome...

I am so happy you've decided to download these snacks and join me in this mini-series! It tells me that you and I are on the same page - we both believe that the fastest way to our best ever health, energy, body and vitality is by nourishing our body.

This is what everything I teach is all about. I believe that your body is AMAZING! It knows how to repair, regenerate, heal and thrive - all we need to do is give it the tools and nutrients it needs and it will absolutely sing for you.

Over the next week or so I want you to remember: just a handful of simple changes, simple steps practiced consistently can bring HUGE results. You don't have to change EVERYTHING and be perfect to get results. Simple steps can get results.

And as we move into this series which is all about eating, preparing, planning and cooking ALKALINE MEALS for you and your family, I want you to remember this essential point: even if you eat alkaline just 50% of the time - you can get incredible results.

As ever I will strive to make things as easy, delicious, do-able, realistic and effortless as possible...BUT if you need any help in any way, don't hesitate to reach out. I'm here for you!

I hope you love these snacks & here's to your best ever health & energy!

Ross



Ross' No-Bake Bliss Balls

Makes 8-10

Ingredients

4 Medjool dates (in case you're wondering this means 1.3g of sugar per ball – absolutely acceptable)
1 cup almond meal
1/2 cup shredded coconut
1/3 cup coconut oil
1/3 cup cacao powder
1/3 cup pistachios
1/4 cup almonds
1 tbsp chia seeds

Instructions

- 1) Start by softening the dates and almonds in hot water. Preferably soak the almonds for at least 4 hours...unless you're using a high speed blender or food processor (such as the Vitamix). The dates need about an hour – make sure you remove the seed.
- 2) Now process/blend the dates, almond meal, almonds, half of the pistachios, shredded coconut, coconut oil, cacao and chia together.
- 3) Move this to a bowl and let it stand for a few minutes to allow the chia to soften and expand.
- 4) Smash the remaining pistachios and roll this raw mixture into small balls and roll in the crushed pistachios to coat them.

Enjoy! These will keep in the fridge for seven days, and are a great grab and go snack offering dense, filling nourishment to keep you going until your next meal.

Super Delux Chia Pots

Serves 3-4 pots

Ingredients

- 1 cup of (organic) coconut milk
- 1/4 cup of chia seeds
- 1 date
- 1 cup of coconut yoghurt
- 1 tablespoon of flax seeds, ground, or 1 tbsp of flax meal
- 1 tsp of sesame seeds
- 1/2 teaspoon of vanilla extract

Toppings for variety:

- 1 handful of blueberries, 1 handful of mixed nuts, 1 tsp of ground cinnamon, 1 fig

Instructions

- 1) Firstly, sweeten the coconut milk by blending with the date. This little touch of sweetness and flavour from the date makes a huge difference!
- 2) Next combine the coconut milk in a large bowl with chia seeds, vanilla, flaxmeal (ground flax) and sesame seeds.
- 3) Put into the fridge for 20-30 minutes until the chia has expanded and to serve, fill a small glass with a layer of coconut yoghurt, followed by the chia mix, then a little extra layer of coconut yoghurt.

Top with your choice of toppings!

Simple Celery Boats

Serves 2

Ingredients

2 sticks of celery, top and tail removed
Almond or cashew butter
(that's it!)

Instructions

1) To make this incredibly simple snack, all you need to do is cut the celery stalk into 3-4 inch lengths and spread with almond butter!

And as optional extras you could sprinkle with cinnamon for a blood sugar levelling benefit, sprinkle with turmeric for an anti-inflammatory hit or even sprinkle with other seeds for more crunch and more healthy fat-i-licious!

No-Bake Breakfast Bars

Serves 2

Ingredients

5 cups uncooked oatmeal (quick oats)
320g almond butter
1 cup coconut cream
3 tbsp rice malt syrup (brown rice syrup)
1 inch ginger (or 2 tsp ground ginger)
2 tbsp coconut oil

Optional: swap 1 cup of oatmeal for 1 cup flaxmeal

Instructions

- 1) Put the coconut cream, coconut oil and rice malt syrup into a large mixing bowl and whisk until everything is combined
- 2) Now add the almond butter and grate in the ginger and whisk until it's all combined. The almond butter – depending on the temperature of your room may stay a little in a clump/lump – but don't worry about this because...
- 3) Now that you add the oats (and flax) you can mix with a spoon to smooth it all out. If it's still lumpy you can use your hands (which is lots of fun) to mix together.
- 4) Now take a flat baking dish, lined with baking/parchment paper and flatten the mixture out into the dish
- 5) Refrigerate for a minimum of 2 hours, or overnight and then cut into bars. These will stay good for at least a week in the fridge.