| Day 10 | |
| --- | --- |
| **Lunch Menu** | **Preparations** |
| -Leftover soup with black beans  -Leftover carrot/salad/coleslaw  -Chai  -Dessert  -Leftovers for dinner | -Close spices bags, weigh and write down the amounts  -Pack all the food that can be stored for a year and write down the amounts  D11 : Pack all the food that can’t be used or stored and share with everyone. Also write down those amounts. |

**Black Beans (or any other beans left)**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Black beans | 0,6 kg | 5 kg | 5,6 kg | 6,2 kg |

**Preparations (d8) :**

1. Soak black beans overnight in enough water (beans expand about 3 times their dried size)
2. **On day 9**, discard soaking water and impurities. Replace with fresh water - enough to cover the beans by at least 10cm - add herbs, onion and garlic chunks for taste. Bring to a boil and let simmer, covered, until the beans are soft (takes about an hour, but keep an eye on them from around 45min). Make sure they’re always covered by water. Set aside and cover until cooking time or discard water and refrigerate in a container.

**Coconut Balls**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Oat flakes  Coconut flakes  Cocoa powder  Powdered sugar  Fat | 0,5 kg  0,2 kg  66,5 g  66,5 g  92 g | 3,6 kg  1,5 kg  597,5 g  597,5 g  828 g | 4 kg  1,6 kg  664 g  664 g  920 g | 4,4 kg  1,8 kg  730,4 g  730,4 g  1 012 g |

**Chai Tea**

**Note:** Use this as a guideline, but the idea is to make it aromatically delicious ;)

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Ceylon or Assam tea  Sugar  Water  Milk  Chopped ginger  Cinnamon sticks  Whole black pepper  Cardamom sticks | 0,6 dl  0,6 dl  1,2 dl  1,2 dl  3,6 cm  0,5 pcs | 5,4 dl  5,4 dl  10,8 dl  10,8 dl  32 cm  3,5 pcs | 6 dl  6 dl  12 dl  12 dl  36 cm  4 pcs | 6,6 dl  6,6 dl  13,2 dl  13,2 dl  40 cm  4,5 pcs |