



IMMUNITY BOOSTING RECIPES



We are pleased to offer you a resource for immunity boosting recipes that use the fundamental elements of fruits, vegetables and grains to ignite the body's immune system for healthier daily life.

We hope you enjoy the yumminess inside!



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IMMUNITY BENEFITS

Spinach is high in iron, another cold-weather must-have. Iron deficiency can lead to weakness, fatigue and impaired immune function, making you more susceptible to illness.



EGG, SPINACH & PORTOBELLO BREAKFAST SANDWICH

Ingredients

- 4 whole grain English muffins
- 3 oz. soft goat cheese
- 4 free-range eggs
- 1 teaspoon lemon juice
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon sea salt
- 1/8 teaspoon sea salt
- 1 1/2 teaspoon olive oil
- 2 portabella mushroom caps
- 4 oz. Fresh Express Baby Spinach

Directions

- Spread both cut sides of each English muffin half (fresh or toasted) with goat cheese. Set aside.
- In a medium bowl, whisk together the eggs, lemon juice, pepper, and 1/4 teaspoon of the salt. Set aside.
- Heat the oil in a large (PFOA-free) nonstick skillet over medium. Add the mushrooms, spinach, and remaining 1/8 teaspoon salt, increase heat to medium-high, and sauté until the mushrooms are fully wilted and no excess liquid remains, about 6 minutes.
- Reduce heat to low. Add the egg mixture and softly scramble (eggs should still be moist), about 1 1/2 minutes. Transfer the egg mixture to a clean bowl. Set aside to slightly cool, about 5 minutes. Strain of excess liquid.
- Transfer the egg mixture to the English muffins, forming sandwiches. To save for later, wrap tightly in unbleached parchment paper, then in aluminum foil, and freeze.
- To enjoy one sandwich, remove the foil and leave wrapped with parchment paper. Place on a microwave-safe plate. Microwave on HI for 1 1/2 minutes and flip over. Microwave until done, about 30 seconds more. Microwave times vary. (Hint: If desired, enjoy each serving alongside an orange or other fruit.)

IMMUNITY BENEFITS

Peanut butter is a great source of vitamin E, another immunity-boosting nutrient. In addition to helping strengthen your immune system, vitamin E has antioxidant properties, which can protect you against free radical damage and inflammation.



PEANUT BUTTER OATMEAL MUFFINS WITH JAM

Ingredients

- 1 cup old fashioned rolled oats
- 1 cup whole wheat pastry flour
- 1 1/2 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon sea salt
- 3/4 cup skim milk, fat free
- 1/3 cup peanut butter, creamy
- 2 tablespoons peanut oil
- 2 free-range large eggs
- 1 teaspoon pure vanilla extract
- 1 1/8 cups turbinado cane sugar
- 3/4 cup blueberry jam

Directions

- Preheat oven to 425°F. Line 12 cups of a muffin tray with muffin liners.
- In a medium bowl, whisk together oats, flour, baking powder, baking soda, and salt. Set aside.
- Add milk, peanut butter, and peanut oil to a blender; cover and puree. Pour into a large bowl.
- Add eggs and vanilla extract and whisk until well combined. Add sugar and whisk until well combined.
- Add the oat mixture to the peanut butter mixture and stir until just combined.
- Divide the batter among 12 muffin cups, about 7/8 full. Bake until browned and springy to the touch, about 18 minutes.
- Let cool for 10 minutes in the pan. Transfer the muffins directly to a wire rack to cool as desired.
- Top each with a tablespoon of blueberry (or raspberry) jam, and serve.



IMMUNITY BENEFITS

Chickpeas are especially high in vitamin B6, a vitamin you'll want to include into your breakfast if keeping your immune system humming is your goal. This nutrient is great for brain function but will also keep both your immune and nervous system healthy.



CRUNCHY SPICED CHICKPEA TOAST

Ingredients

- 2 slices whole wheat sourdough bread
- 1 avocado
- 1/4 cup roasted chickpeas
- 1/4 teaspoon feta cheese
- 1/4 teaspoon cayenne
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cinnamon, ground
- 5 leaf fresh mint leaves
- 1/4 teaspoon salt
- 1 tablespoon lemon zest

Directions

- Spread mashed avocado onto both slices of sourdough.
- Toss roasted chickpeas with salt, cayenne, ginger and cinnamon.
- Top chickpeas on toast.
- Garnish with feta cheese, chopped mint leaves and lemon zest.

IMMUNITY BENEFITS

Upping your selenium intake may also help bolster your immune system, and ham is a great source of this essential micronutrient. Selenium plays a big role in your immune cell functions, helping fight inflammation.



HAM-AND-EGG CUPS

Ingredients

- 4 tablespoons olive oil
- 20 medium button mushrooms
- 1 medium white onion
- 1 medium red bell pepper
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 26 slices uncured applewood smoked ham
- 12 large whole eggs
- 1 cup almond milk
- 1/8 teaspoon cayenne

Directions

- Preheat oven to 425°F.
- Warm a large sauté pan over medium heat. When hot, grease the pan with 2 tablespoons of oil. When it ripples, add mushrooms, onions and peppers. Season with salt and pepper. Cook about 8-10 minutes (until most of their moisture evaporates). Remove from heat and reserve.
- Spray the inside of 2 non-stick muffin tins with the rest of the olive oil or use a paper towel to lightly grease the insides of the cups.
- Gently press a slice of ham into each of the tins' cups to form a little bowl in each. Give each lots of slack at the bottom. Make sure the ham doesn't tear but that it is pressed against the sides as much as possible (the ham will extend higher than the top edge of each cup).
- Chop the remaining slice of ham into small bits and toss with the mushrooms, onions and peppers.
- Mix eggs, almond milk, cayenne, salt and pepper with a whisk or in a blender until frothy (about 1 minute).
- Pour the egg mixture into the ham cups making sure to evenly fill them.
- Put trays in the oven and bake for 6 minutes.
- Remove the trays from the oven and evenly sprinkle the chopped mixture into each cup (It should still sink into the egg and not sit on top, but also not sink to the bottom of the ham cup).
- Replace the tray in the oven and cook another 10 minutes (until the edges of the ham are crisp). Then remove from the oven and serve.

IMMUNITY BENEFITS

Oranges are an excellent immune boosting fruit as they are a great source of vitamin C, thiamine, folate and antioxidants.



PROTEIN ORANGE & YOGURT PANCAKES

Ingredients

- 2 teaspoons orange peel
- Orange slices, to serve
- 2 eggs
- 8 tablespoons (160g) Natural Yogurt
- 2 teaspoons coconut sugar
- 2 teaspoons vanilla extract
- 8 tablespoons (120g) spelt flour
- 1 teaspoon baking powder
- 1 teaspoon coconut oil

Directions

- Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.
- Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.
- Serve with slices of orange and fresh berries.

IMMUNITY BENEFITS

Your mom always told you to eat your broccoli. Turns out she was right. Sulforaphane is a sulfur-rich compound found in several cruciferous vegetables like bok choy, cabbage and kale, but broccoli delivers the mother load. When broccoli gets chopped or cut or broken (or chewed for that matter) the sulforaphane releases its defenses against the invaders in the body, which allows you to fight off "bugs" such as viruses.



IMMUNITY BOOSTING QUICHE

Ingredients

- 2 cups broccoli, diced
- 1/4 cup scallions, minced
- 1/2 cup spinach
- 8 eggs
- 1/2 cup coconut yogurt
- 1 cup vegan cheddar cheese
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 teaspoon sea salt
- 1 tablespoon coconut oil

Directions

- Preheat oven to 400°F. In a large cast iron skillet sauté broccoli, scallions, and spinach in coconut oil until tender.
- Remove from heat and let cool for 5-10 minutes (this will help the eggs to cook evenly).
- In a medium bowl combine eggs (whisked), seasoning, yogurt, and vegan cheese.
- Once combined add to vegetables (stir while in pan to ensure the egg coats the entire pan) and place into the oven.
- Bake until golden brown and serve hot.
- *If you are looking to prepare ahead of time, let quiche cool, cut into desired portion sizes and place into freezer friendly container.
- When ready to use simply remove from freezer cover with damp cloth and microwave 1-2 minutes depending on your microwave.



IMMUNITY BENEFITS

Sweet potatoes are rich in fiber, vitamins, minerals and powerful antioxidants. They are an excellent source of beta-carotene, which can be converted to vitamin A and help support your immune system and gut health. Zucchini is full of antioxidants, beneficial plant compounds, vitamins and minerals. Most of the benefits are found in the skin – so be sure to eat that too!



IMMUNE BOOSTING SWEET POTATO & ZUCCHINI HASH

Ingredients

- 8 oz. sweet potato, peeled and cut into cubes
- 1 clove garlic, chopped
- 3/4 tablespoon coconut oil
- 1 medium zucchini, diced
- 1/2 onion, diced
- 4 eggs
- Handful parsley, chopped
- Cayenne pepper, to taste

Directions

- Cook the sweet potato for 3-4 minutes in a pot of boiling water, then drain.
- Heat the 1/2 tablespoon of the oil in a pan, over medium heat. Add the sweet potato, zucchini, onion and garlic, sauté for about 5 minutes, until cooked and browned. Season the mixture with salt & pepper, and set aside
- Heat the remaining oil in the pan and fry the eggs to your liking.
- Divide the vegetables between 4 plates, top with fried eggs and sprinkle with parsley. Season the hash with cayenne pepper along with salt and pepper, to suit your taste before serving.

IMMUNITY BENEFITS

As one of the best natural sources of beta-carotene, orange sweet potatoes are a great source of vitamin A (beta-carotene is converted to vitamin A in the body), which is vital to healthy immune system functioning. Additionally, the fiber content of sweet potatoes can also boost immune health.

Fiber is needed to feed beneficial gut bacteria so they can multiply and improve overall gut health. A healthy gut, in turn, is key to optimal immune system functioning, as about 80 percent of the immune system lies in the gut and is heavily influenced by what happens there.



HEALTHY LOADED SWEET POTATO ROUNDS

Ingredients

- 2 pounds sweet potatoes
- 1 1/2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- Hot sauce
- Monterrey Jack and cheddar shredded cheese (Mexican blend)
- 3 green onions
- Sour cream (or vegan sour cream)

Directions

- Preheat the oven to 450°F.
- Cut the sweet potatoes into 1/4-inch slices. Place the slices in a large bowl, sprinkle with 1 1/2 tablespoons olive oil, 1 teaspoon garlic powder, 1 teaspoon chili powder, and 1 teaspoon kosher salt, and stir to thoroughly coat both sides of all slices. Place on a baking sheet lined with parchment paper, taking care that the rounds do not overlap (if possible). Bake 10 minutes on one side, then remove from the oven, flip all rounds, and bake another 10 minutes until soft.
- While the potatoes bake, thinly slice the green onions.
- When the potatoes are done, remove them from oven and add a dot of hot sauce on each round (or more if desired). Top each round with shredded cheese and wait a few minutes for the cheese to melt (the potatoes will be hot enough at this point to melt the cheese).
- To serve, place the rounds on a platter. Add a dollop of sour cream on each round, and garnish with sliced green onions. (Tip: To make the sour cream easier to dollop, mix it in a bowl with a few drops of water to loosen it).



IMMUNITY BENEFITS

This recipe screams immune boosting! Olive oil is powerful in antioxidants and has anti-inflammatory benefits. Hummus provides a wide variety of vitamins and minerals. The garlic and lemon give your immune system the extra defense!



SIMPLE HOMEMADE GARLIC HUMMUS

Ingredients

- 2 (15 oz.) cans chickpeas, drained
- 1/2 cup tahini
- 3 tablespoons olive oil
- Juice of 1 lemon
- 2 cloves garlic
- Kosher salt
- 4-6 tablespoons water

Garnish

- Smoked paprika
- Fresh chopped parsley
- Lemon slices

Directions

- Add chickpeas, tahini, olive oil, lemon juice, garlic and a large pinch of salt to a food processor.
- Process until everything is well minced and combined.
- Slowly add a tablespoon of water at a time until hummus becomes smooth and creamy.
- Taste and season with more salt as needed.
- Garnish with paprika and parsley and serve with your favorite dippers-pita chips, celery, carrots, whatever you love!

IMMUNITY BENEFITS

Bell peppers are not only extremely versatile, but red bell peppers contain more vitamin C than citrus fruits (almost twice your daily recommended amount). This recipe also contains spinach and hummus which are both great immune boosting foods as well.



MEXICAN PINWHEELS

Ingredients

- 1 organic green onion
- 1/2 organic red pepper and 1/2 orange pepper (or 1 red pepper)
- 1/2 cup organic black beans
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon kosher salt
- 2/3 cup Simply Nature Organic Classic Hummus
- 1/2 cup organic baby spinach
- 1/4 cup shredded cheese (optional)
- 2 large Fresh Spinach Wraps (or gluten-free wrap of your choosing)
- 1/2 cup Simply Nature Organic Salsa, for serving (optional)

Directions

- Thinly slice the green onion, red pepper and orange pepper. In a small bowl, mix the black beans and sliced vegetables with chili powder, garlic powder, onion powder and kosher salt.
- Spread hummus in a thin layer with 1/4-inch around the edge of each tortilla. Place half of the spinach in a layer in the middle of each tortilla. Place the peppers in a line on one side, and the black beans in a line on the other side. Sprinkle half of the cheese on each tortilla.
- Tightly roll up the tortilla, keeping it as tight as possible and rolling smoothly at the end (don't worry if a little bit falls out!). Slice off the ends and either eat or discard; then slice the remainder into 8 pieces. Serve immediately with salsa (optional) or refrigerate until serving. They're perfect for lunches.

IMMUNITY BENEFITS

Chicken is a complete protein, containing all the amino acids your body needs to maintain health and wellness. Also, chicken is a fabulous source of many of the micronutrients noted above that support the immune system.



CHICKEN SATAY SKEWERS WITH PEANUT SAUCE

Ingredients

- 1/2 cup creamy natural peanut butter
- 1/2 cup light coconut milk, stirred
- 3 tablespoons fish sauce
- 2 limes, juiced and zested
- 4 cloves garlic, minced
- 1-inch piece fresh ginger, peeled and minced
- 1 teaspoon ground cumin
- 1/2 teaspoon curry powder
- 1 teaspoon, OR to taste, crushed red pepper
- 2 pounds boneless skinless chicken tenders
- Wooden skewers, soaked in water

Directions

- In a large mixing bowl, combine peanut butter, coconut milk, fish sauce, lime juice, lime zest, garlic, minced ginger, cumin, curry, and crushed red pepper; whisk to combine.
- Remove half of the marinade and reserve.
- Add the chicken tenders to the large bowl (or in a Ziploc bag together with the marinade) and toss to coat.
- Set in the fridge for 30 minutes, or up to 3 hours to marinate.
- Preheat grill to medium-high heat.
- Thread the chicken tenders onto the skewers.
- Brush grill grates with oil and place chicken skewers on the grill.
- Cook for 5 minutes on each side, or until chicken is charred and cooked through.
- Remove from grill and garnish with sliced green onions and peanuts.
- Serve with reserved satay sauce.

IMMUNITY BENEFITS

Mushrooms contain protein, vitamins, antioxidants and now play a role in traditional medicine. Researchers believe the antioxidant content in mushrooms may help prevent lung, prostate, breast, and other types of cancer, according to the National Cancer Institute.



MUSHROOM PESTO CROSTINI

Ingredients

- 1 oz. dried porcini mushrooms
- 8 oz. white button mushrooms, quartered
- 1/2 cup walnuts, toasted
- 2 garlic cloves
- 1 1/2 cups fresh Italian parsley leaves
- 3/4 cup olive oil
- 1/2 cup freshly grated Parmesan
- Salt and freshly ground black pepper
- 36 slices (1/2-inch-thick) baguette bread

Directions

- Place the porcini mushrooms in a bowl of hot water; press to submerge. Let stand until the mushrooms are tender, about 15 minutes. Scoop out mushrooms, being carefully not to stir any dirt that may have sunk to the bottom of the water. Discard mushroom water.
- Combine the porcini mushrooms, button mushrooms, walnuts, garlic, and parsley in a food processor and pulse until coarsely chopped. With the machine running, gradually add 1/2 cup of the oil, blending just until the mushrooms are finely chopped.
- Transfer the mushroom mixture to a medium bowl. Stir in the Parmesan. Season the pesto with salt and pepper, to taste. If not using mushroom pesto right away, cover tightly with plastic wrap to prevent possible discoloration of mushrooms.
- Preheat a grill pan to medium-high heat. Arrange the bread slices on pan, cut-side down. Brush the remaining 1/4 cup of oil over the bread slices. Cook until pale golden and crisp, about 5 minutes.
- Alternatively, you can toast the bread in the oven. Preheat the oven to 375°F. Arrange the bread slices on 2 heavy large baking sheet. Brush the remaining 1/4 cup of oil over the bread slices. Bake until pale golden and crisp, about 15 minutes.
- Spread the mushroom pesto over the crostini. Arrange the crostini on a platter and serve.

IMMUNITY BENEFITS

Seafood, both fish and shellfish, provides essential nutrients to the body that keep the immune health functioning properly. Crab is a good source of heart healthy omega 3s, which help lower triglycerides and blood pressure along with reducing the risk of heart disease. Omega 3s are also thought to reduce inflammation, enhance immune function, and lower the risk of certain types of cancer. Most Americans don't get enough omega 3s in their diet and adding crab meat to the table is a good way to start.



HOT CRAB DIP

Ingredients

- 8 oz. reduced-fat cream cheese (Neufchatel), room temperature
- 1/4 cup reduced-fat sour cream
- 1/4 teaspoon hot sauce
- 1/4 teaspoon crab boil spices (recommended: Old Bay)
- 1 garlic clove, minced
- Kosher salt and freshly ground pepper
- 12 oz. fresh crab meat, picked over for bits of shell and patted dry
- 2 scallions, thinly sliced
- 2 tablespoons chopped fresh parsley
- 2-3 teaspoons fresh lemon juice
- Whole-wheat crackers for serving (optional)

Directions

- Stir together the cream cheese, sour cream, hot sauce, crab boil spice, and garlic in a medium saucepan until smooth; season, to taste, with salt and pepper.
- Heat the cream cheese mixture over medium-low heat until warm, stirring constantly, 2-3 minutes.
- Fold in the crab, scallions, parsley and lemon juice and warm until heated through, about 1 minute more. Serve immediately.



IMMUNITY BENEFITS

Due to its nutritional value barley is particularly helpful as it strengthens body's immune system and reduces the chances of cold and flu. Iron improves the blood volume and prevents anemia and fatigue.



BEEF BARLEY SOUP

Ingredients

- 1 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped celery
- 46 oz. tomato juice
- 1/2 cup water
- 1 teaspoon salt
- 1 tablespoon chili powder
- 1/2 teaspoon black pepper
- 1/2 cup barley

Directions

- In a large soup pot, brown ground beef over medium-high heat, just until browned.
- Add onion and celery and cook and stir 3-4 minutes, just until onion is translucent.
- Stir in tomato juice, water, seasonings, and barley. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover and simmer for 35-45 minutes, stirring occasionally, until barley is tender.

IMMUNITY BENEFITS

Beans are an excellent source of protein, which plays an important role in building cells, including those of your immune system. Beans are also loaded with nutrients such as folate and other B vitamins, potassium, magnesium, and fiber.



MINESTRONE SOUP

Ingredients

- 1 tablespoon dried basil
- 1/2 cup carrots, diced
- 1/2 cup celery, chopped
- 2 tablespoons garlic, minced
- 15 oz. can of garbanzo beans, drained
- 15 oz. can of white beans, drained
- 1/2 tablespoon dried oregano
- 1 tablespoon parsley
- 1/2 tablespoon dried rosemary
- 1/2 tablespoon dried thyme
- 2 (15 oz.) can of tomato sauce
- 3/4 cup onion, diced
- 1 1/2 cup chopped swiss chard or kale (or both)
- 1 cup chicken stock
- 1 cup beef broth
- 1 cup water
- 1 pound box of pasta (optional)
- 1 pound of ground turkey/beef/chicken (optional)

Directions

- Mix all ingredients in large pot with the exception of the pasta and ground meat.
- Simmer for about 2.5 hours or until carrots and celery are tender.
- While soup is simmering, cook pasta and ground meat separately.
- Once soup is cooked, stir in cooked pasta and meat before serving.

IMMUNITY BENEFITS

Garlic, miso and greens are all super foods that help maintain and restore your body's immune system. Lemon and red pepper flakes are also known to aid in healing.



ROASTED GARLIC MISO SOUP WITH GREENS

Ingredients

- 2 heads of garlic
- 2 tablespoons olive oil
- 6 cups water or vegetable broth
- 3-4 tablespoons white miso, to taste
- 4 cups kale, chopped
- Pinch of red pepper flakes, garnish
- Squeeze of lemon (optional)
- Sliced green onions (optional)
- Himalayan salt, to taste

Directions

- Preheat oven to 400°F.
- Roast garlic: Remove most outer layer of skin from bulbs of garlic, leaving the most inner layer so they will stay together. Cut off the tops of the garlic bulbs. Place bulbs cut side up on a piece of tin foil large enough to fold over and close tight at the top when done. Drizzle 1 tablespoon olive oil over each bulb. Close the tin foil by folding up the edges and squeezing them together at the top and fold over, or bring up the sides and fold over while pinching and folding the ends. Bake for 45-50 minutes. Let cool for 10 minutes.
- Miso soup: In a large pot, squeeze garlic bulbs into the pan and mush it a bit with the back of a wooden spoon. Add liquids, turn heat to medium-low. Add your miso and stir to incorporate the paste. Add in greens and let wilt until deep dark green, about 5-10 minutes.
- Serve with a slice of lemon, scallions and pinch of red pepper flakes.

IMMUNITY BENEFITS

This soup is loaded with healthy ingredients to fuel your body. Even the spices in this soup have healing benefits! Ginger is an anti-inflammatory and antioxidant, while garlic provides antibacterial, antiviral, and antifungal effects. Turmeric, which is a relative of ginger, also has anti-inflammatory properties.



RED LENTIL & SWEET POTATO SOUP

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 6 cloves garlic, minced
- 1/2 teaspoon freshly grated ginger
- 1 teaspoon turmeric
- 1/2 teaspoon paprika
- 1 tablespoon lemon juice
- 1 large sweet potato, (about 1/2 pound) diced into 1/2-inch cubes
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cup red lentils, uncooked and rinsed
- 5 cups vegetable broth
- 1/2 cup kale, destemmed and torn into 1-inch pieces
- Salt, to taste

Directions

- In a large pot or dutch oven, heat the olive oil over medium heat for 1 minute.
- Add the onion and cook over medium heat for 8 minutes, stirring occasionally.
- Add the garlic and ginger and continue to cook for 1 minute until fragrant.
- Add the turmeric and paprika and continue to cook for 1 minute.
- Add the lemon juice, sweet potatoes, chickpeas, red lentils, and vegetable broth and bring to a boil.
- Once the soup begins to boil, reduce the heat to low and simmer for 15-20 minutes until the sweet potato is soft.
- Add kale and continue to cook for 2-3 minutes until the kale has softened and wilted slightly.
- Season with salt to taste.

IMMUNITY BENEFITS

Mushrooms are a great source of selenium, an antioxidant that can help keep your immune system in check, as well as vitamin D. Oh, and of course they're hearty and perfectly umami, so they work wonders in a creamy soup.



HUNGARIAN MUSHROOM SOUP

Ingredients

- 4 tablespoons butter
- 2 cups onions, chopped
- 1 pound mushrooms, sliced
- 2 cups chicken or vegetable stock
- 1/2 cup dry white wine
- 2 teaspoons dried dill
- 2 teaspoons fresh thyme
- 2 teaspoons paprika
- 2 tablespoons soy sauce
- 1 cup milk
- 3 tablespoons flour
- 1/4 cup sour cream
- 2 tablespoons lemon juice
- 2 tablespoons fresh Italian parsley

Directions

- In a heavy pot or dutch oven, sauté onions and mushrooms in butter over medium heat until onions are soft and translucent, about 15 minutes. Add dill, thyme, paprika, chicken broth, soy sauce and white wine. Bring to a simmer and cook until the liquid reduces by half. In a small bowl, whisk flour into milk until smooth. Add the milk mixture to the soup and cook until the soup begins to thicken, about 10 more minutes.
- Over low heat, slowly stir in the sour cream, and lemon juice until both are completely combined. Garnish the soup with parsley and serve hot.

IMMUNITY BENEFITS

The nutritionally rich content of lobsters is a boost to the body's immune system. The supply of zinc from lobster increases brain activity, boosts the immune system and prevents the loss of vision. It also helps cure injuries to body tissue and helps activate the reproductive system.



LOBSTER BISQUE

Ingredients

- 4 (4 oz.) Maine lobster tails, split in half
- 2 cups water
- 1 tablespoon kosher salt
- 2 tablespoons extra virgin olive oil
- 1 Vidalia onion, diced
- 1 fennel bulb, sliced thin
- 1 garlic clove, crushed
- 2 tablespoons tomato paste
- 2 cups Chardonnay or other dry white wine
- 1 tablespoon fresh thyme
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 3 cups reduced sodium chicken broth
- 1 (14 oz.) can fire roasted diced tomatoes
- 1/4 cup heavy whipping cream
- 1/2 cup half and half
- 1 teaspoon fresh lemon juice

Directions

- In a large pot, steam the lobster tails, shell-side down, in salted water for approximately 5 minutes or until they are cooked through. Using tongs, transfer the tails to a plate and allow to cool. Reserve the steaming water for the stock.
- When the lobster is cool enough to handle, remove the meat from the shells and set aside.
- In a large pot, heat the olive oil over medium-high heat. Add the onion and cook until translucent. Add the fennel and cook until softened. Stir in the garlic and continue cooking for 1 minute. Add the tomato paste and cook until it the mixture becomes a deep burgundy color.
- Add the wine to the pot and deglaze, scraping the bottom of the pan to release the brown bits. Stir in the thyme, bay leaf, paprika, cayenne pepper, chicken stock, reserved steaming liquid and tomatoes. Return the shells to the pot and allow the mixture to simmer for 45 minutes.
- Remove the shells and bay leaf from the broth. Blend the mixture with an immersion blender until smooth. Stir in the cream, half and half and lemon juice. Chop the lobster meat into bite size pieces and divide among your soup bowls. (I like a lot of lobster meat in mine.) Ladle the soup over the lobster meat and serve immediately. Garnish with fennel fronds, if desired.



IMMUNITY BENEFITS

Beans, mushrooms, kale, chunks of tomatoes and beef sirloin will fight for space on each spoonful, all of which are immune boosting foods.



BEEFY ITALIAN VEGETABLE SOUP

Ingredients

- 1 teaspoon vegetable oil
- 12 oz. boneless beef sirloin steak, trimmed of fat and cut into bite-size pieces
- 8 oz. fresh mushrooms, quartered
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 2 (14 oz.) cans reduced-sodium beef broth
- 1 (14.5 oz.) can no-salt-added diced tomatoes, undrained
- 1/4 cup dry red wine (optional)
- 1/2 teaspoon dried Italian seasoning, crushed
- 1/4 teaspoon fennel seed, crushed
- 1/4 teaspoon ground pepper
- 3 cups kale, chopped
- 1 cup fresh green beans, bias-sliced into bite-size pieces
- 1 medium yellow bell pepper, chopped

Directions

- Heat oil in a large pot. Add beef to the pot. Cook over medium-high heat until browned, stirring occasionally. Remove the beef from the pot with a slotted spoon.
- Add mushrooms, onion, and garlic to the pot. Cook and stir 6 minutes or until tender and the mushrooms are browned. Add vinegar and stir to remove the browned bits on the bottom of the pan.
- Add broth, undrained tomatoes, wine (if desired), Italian seasoning, fennel seed, and ground pepper. Bring to boiling. Add the beef, kale, green beans, and bell pepper. Reduce heat and simmer, covered, about 15 minutes or until the vegetables and beef are tender. To serve, ladle soup into bowls.

IMMUNITY BENEFITS

When you're sick, eating cooked poultry like chicken and turkey can boost your immune system and help it fight against infections like the flu. The reason? Poultry is rich in vitamin B-6, which is vital for the body's production of red blood cells.



TURKEY & WILD RICE SOUP

Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 medium carrots, chopped
- 2 medium stalks celery, chopped
- 8 oz. cremini or white button mushrooms, chopped (3 cups)
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 tablespoons all-purpose flour
- 4 cups low-sodium chicken broth
- 2 cups water
- 1 cup wild rice
- 1 cup chopped green beans
- 2 1/2 cups shredded cooked turkey or chicken (about 10 oz.)
- 2 cups whole milk
- 1 tablespoon lemon juice
- 2 teaspoons chopped fresh thyme or 1/2 teaspoon dried

Directions

- Heat oil in a large pot over medium-high heat. Add onion, carrots, celery, mushrooms, salt, and pepper. Cook, stirring occasionally, until the vegetables are softened and the mushrooms have begun to release their liquid, about 6 minutes.
- Sprinkle flour over the vegetables; cook, stirring, until the vegetables are coated and beginning to brown, about 1 minute more. Add broth and water; cook, scraping up any browned bits, for 1 minute.
- Add wild rice and bring to a boil. Cover, reduce heat to maintain a simmer, and cook, stirring occasionally, for 40 minutes. Add green beans; cover and continue cooking until the beans are soft and the rice is tender, about 10 minutes more.
- Add turkey (or chicken), milk, lemon juice, and thyme. Cook, stirring, until warmed through.

IMMUNITY BENEFITS

Cabbage and many of the other vegetables in this sou are an excellent source of the ever-so-important vitamin C, crucial for maintaining a strong immune system.



SPICY CABBAGE DETOX SOUP

Ingredients

- 8 teaspoons Better than Bouillon No Beef Flavor
- 8 cups water
- 2 cloves garlic, peeled and diced
- 1/2-inch ginger, peeled and diced
- 2 carrots, sliced in rounds
- 2 stalks celery, chopped
- 1 jalapeño, chopped
- 1/2 large yellow onion
- 1/2 head green cabbage, chopped
- 1/2 cup chunky red salsa
- 2 tablespoons low sodium soy sauce or tamari
- 2 tablespoons sriracha or to taste
- Pepper, to taste

Directions

- Combine bouillon and water and stir until combined.
- Add broth and all remaining ingredients to a large pot. Bring to a rolling boil then lower heat and simmer until veggies are cooked to your liking.
- Serve hot - leftovers will keep in the fridge for 5-7 days.

IMMUNITY BENEFITS

With ingredients like chicken bone broth, ginger, and turmeric — this Chicken Quinoa Vegetable soup is a healthy immune-boosting, gut-healing, and anti-inflammatory comfort food.



CHICKEN QUINOA VEGETABLE SOUP

Ingredients

- 1–2 tablespoons avocado oil
- 1 yellow onion, diced
- 3 medium carrots, diced
- 3 celery stalks, diced
- 1-pound pasture-raised chicken thighs
- Sea salt and black pepper
- 3 cloves garlic, minced or grated
- 2-inch piece ginger, minced or grated
- 1 teaspoon ground turmeric
- 1 cup quinoa, rinsed
- 6–8 cups chicken bone broth
- 2 large handful's fresh baby spinach
- 1 lemon, juiced
- 2 tablespoons coconut aminos
- Fresh herbs like cilantro or mint, to garnish

Directions

- Heat 1 tablespoon avocado oil in a large pot over medium heat. Add in the onion, carrots, and celery. Cook for 5 minutes. Add the chicken thighs to the pot and season with a pinch of salt and pepper. Cook for 3-4 minutes then add in the garlic, ginger, and turmeric. Cook another 2 minutes. Add the rinsed quinoa and cook for 1 minute, letting the quinoa soak up the flavor. Pour in 6 cups of chicken bone broth, adding more if needed. Bring to a boil, then reduce to a simmer and cover with a lid. Cook for 20 minutes or until the chicken is cooked through and the vegetables are soft.
- Remove the chicken and shred with two forks, then return the chicken back to the pot.
- Turn the heat off and add lemon juice, coconut aminos, and adjust the seasoning if needed.
- Serve with fresh herbs like cilantro or mint. Enjoy!

IMMUNITY BENEFITS

Citrus is packed with vitamin C. Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections.



CITRUS ARUGULA SALAD

Ingredients

Salad

- 4 cups arugula, loosely packed
- 2 medium navel oranges, peeled and sliced
- 2 medium blood oranges, peeled and sliced
- 1/2 cup parmesan cheese, shaved
- 1 medium avocado, chopped

Dressing

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 to 2 tablespoons lemon juice
- 1 teaspoon honey
- Pinch salt and pepper

Directions

- Combine all salad ingredients in a large bowl. Gently toss together to combine.
- Wisk all salad dressing ingredients together until emulsified (oil and vinegar do not separate). Pour over salad and toss again to combine.

IMMUNITY BENEFITS

Spinach is rich in vitamin C, beta carotene, and antioxidants making it a great immune boosting salad base. You could add hard-boiled eggs for some extra zinc or chicken if you're looking for more vitamin B-6!



APPLE & PEAR SPINACH SALAD WITH HONEY LEMON GINGER VINAIGRETTE

Ingredients

Salad

- 6 packed cups baby spinach
- 1 sweet apple, cored and sliced
- 1 ripe pear, cored and sliced
- 3/4 cup feta cheese, crumbled
- 1/2 cup pecans
- 1 tablespoon lemon juice

Vinaigrette

- 1/4 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon pure honey
- 1 teaspoon fresh ginger, peeled and grated
- Salt and pepper, to taste

Directions

- Place the fruit in a large bowl and gently toss it with a tablespoon of lemon juice to prevent browning. Then assemble the salad by combining the rest of the salad ingredients together.
- In a small bowl, whisk together the vinaigrette ingredients until well combined. Taste and adjust the dressing to your preference.
- Drizzle the desired amount of vinaigrette on top of the salad and toss to combine. Serve immediately.

IMMUNITY BENEFITS

Broccoli is loaded with vitamins A, C, and E, as well as many other antioxidants and fiber. The sunflower seeds not only give this salad some crunch, but full of nutrients, including phosphorous, magnesium, vitamin B-6, and vitamin E. Lastly, the Greek yogurt in the dressing is great source of vitamin D, which helps regulate the immune system and is thought to boost our body's natural defenses against disease.



IMMUNITY BOOSTING BROCCOLI SALAD

Ingredients

- 1 pound broccoli (about three crowns), chopped small
- 2 cups red grapes, halved
- 8 oz. cheddar cheese, cubed or grated
- 1/2 cup red onion, chopped small
- 1/2 cup fully cooked uncured bacon, crumbled
- 1/2 cup raw sunflower seeds, toasted
- 1/3 cup dried cranberries
- 1 bottle Simple Truth Organic Lemon Poppyseed Greek yogurt dressing
- Kosher salt and pepper, to taste

Directions

- Toast your sunflower seeds: add seeds to a skillet over medium heat, they do not require oil. Dry-roast them by shaking (or stirring) them back and forth for two to three minutes or until they've browned in color. Set aside.
- Add the chopped broccoli, grapes, cheese, red onion, bacon, sunflower seeds and cranberries to a large serving bowl.
- Pour dressing over broccoli combination and toss or stir well.
- Season with kosher salt and pepper to your liking. I like to let it set for a good 20 minutes to absorb the dressing. It's even better the next day.
- Divide the salad into individual bowls and serve. Leftovers will keep well for 3 to 4 days in the fridge in an air tight container. Enjoy!

IMMUNITY BENEFITS

Brussel Sprouts – a great source of fiber, vitamins, minerals and antioxidants.

Sweet Potato – packed with vitamin A and beta carotene.

Walnuts – a top anti-inflammatory food but also a great source of vitamins B-6 & E, copper, and folate.

Mandarin oranges – high in vitamin C.

Pomegranate – loaded with antioxidants.



LATE AUTUMN SHAVED BRUSSELS SPROUT SALAD

Ingredients

Salad

- 2 bags of shaved Brussel sprouts (about 10 cups)
- 2 cups diced sweet potatoes
- 2 teaspoons olive oil
- 1 teaspoon butter or ghee (sub olive oil for vegan)
- 1/2 cup chopped walnuts
- 1 mandarin orange, segments cut in half
- Arils (seeds) of 1 pomegranate

Lemon Dressing

- 1/4 cup olive oil
- Juice of 1 mandarin orange
- Juice of 1 lemon
- 1 small garlic clove
- Pinch of salt and pepper

Directions

- Preheat your oven to 350°F. Line 2 baking sheets with parchment paper.
- Place all but 1 cup of the shaved Brussels on one baking sheet and the sweet potatoes on another. Toss both with oil then roast in your oven for 30-35 minutes, tossing halfway through.
- Heat the butter, ghee, or olive oil in a small frying pan over medium-high heat. Add the walnuts and let them toast until fragrant, about 2-3 minutes, shaking the pan often.
- Combine all the dressing ingredients in a jar and shake.
- In a large salad bowl, add the 1 cup of raw and the roasted Brussels, the sweet potatoes, walnuts, orange segments, and the pomegranate arils. Toss with the dressing and serve.



IMMUNITY BENEFITS

This Moroccan inspired salad is gluten-free, low in calories, and easy to make. It's packed with fresh and whole foods including several immune-boosting foods like cumin, ginger, pepper flakes, oranges, and lemon.



MOROCCAN CARROT & CHICKPEA SALAD

Ingredients

Salad

- 2/3 cup quinoa
- 1 1/3 cup water
- 1/2 cup almonds
- 1 shallot small
- 1 cup carrots, grated
- 1 can chickpeas (400 ml)
- 2.5 oz. arugula
- 1/2 cup mint tightly packed
- 1/4 cup dates chopped

Moroccan Dressing

- 1/4 cup + 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons orange juice
- 1 tablespoon maple syrup
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/4 teaspoon sea salt
- Pinch red pepper flakes

Directions

- In a saucepan combine quinoa and water. Bring to a boil, then reduce to simmer and cook quinoa for 12-15 minutes. Fluff with a spoon and cover with a tea towel. Let cool.
- Toast almonds in a skillet on medium heat, stirring often until fragrant and golden browned (approx. 8-10 minutes). Remove from heat.
- Prepare dressing in a small bowl by whisking together oil, lemon juice, orange juice, maple syrup, cinnamon, ginger, cumin, coriander, sea salt, and red pepper flakes.
- In a large mixing bowl combine quinoa, chopped shallot, grated carrot, chickpeas, arugula, chopped mint and dates, and toasted almonds. Pour over the dressing and toss to combine.

IMMUNITY BENEFITS

White beans are high in iron. Iron aids in your non-specific immunity which is your body's first line of defense against pathogens.

SPINACH & WHITE BEANS

Ingredients

- 2 tablespoons extra virgin olive oil
- 3 to 4 garlic cloves, chopped
- 10 oz. boxed frozen chopped spinach
- 14 oz. canned white beans, (like cannellini or great northern), rinsed and drained
- Ground nutmeg
- Salt and freshly ground black pepper

Directions

- Defrost the spinach in the microwave according to package directions. Place in a kitchen towel and wring it of excess moisture.
- Heat the olive oil in a small skillet over medium heat. Add the garlic and cook, stirring, for 2 minutes or until a pale blonde color. Add the beans then the spinach, breaking it up as you add it to the pan. Season with nutmeg, salt and pepper. Serve hot.



IMMUNITY BENEFITS

Carrots contain beta-carotene which is an antioxidant that helps boost immune function. The Citrus provides vitamin C that helps boost your immune system to fight off infections and honey provides more antioxidants and even antibacterial properties to enhance immunity and help with your digestive system.



CITRUS GLAZED ROASTED CARROTS

Ingredients

- 2 pounds carrots, peeled
- 2-3 tablespoons olive oil
- Kosher or sea salt
- Fresh cracked black pepper
- 2 large lemons, 1 halved and 1 juiced
- 2 small oranges, 1 halved and 1 juiced
- 4 tablespoons honey
- 1 teaspoon dried thyme

Directions

- Preheat the oven to 425°F.
- Peel and cut the carrots lengthwise into quarters or sixths, according to the size of the carrots.
- On a large, lightly greased sheet pan, toss the carrots with the olive oil, salt, and pepper. Place the halved lemon and orange cut-side up in the pan as well, and roast until just tender, 20-25 minutes. Keep a careful watch as cooking time will vary depending on the size of the carrots.
- Remove from the oven and toss with honey, thyme and the juice of the remaining orange and lemon.
- Return to the oven and cook until caramelized and lightly charred, 10-15 minutes. Serve warm or at room temperature with the roasted citrus halves.

IMMUNITY BENEFITS

This simple recipe really packs a punch! Ounce for ounce, red bell peppers contain almost 3 times as much vitamin C as a Florida orange. They're also a rich source of beta carotene.



MARINATED ROASTED RED PEPPERS

Ingredients

- 1 jar (12 oz.) roasted red peppers
- 1 tablespoon capers, I didn't rinse them
- 1 teaspoon garlic
- 1 tablespoon olive oil
- 1/2 tablespoon balsamic vinegar
- Pinch of salt
- Fresh grind of pepper

Directions

- Slice the peppers into long strips and then cut in half. Place them in a small bowl and top with the other ingredients. Stir well. Place in a decorative bowl if desired and cover. Refrigerate if made ahead but warm up to room temperature to serve.

IMMUNITY BENEFITS

Artichokes are low in fat while rich in fiber, vitamins, minerals, and antioxidants. Particularly high in folate and vitamins C and K, they also supply important minerals, such as magnesium, phosphorus, potassium, and iron. The lemon adds extra vitamin C and real garlic can aid with infections as well as fighting bacteria.



WHITE WINE BRAISED ARTICHOKE WITH LEMON & GARLIC

Ingredients

- 2 bunch small purple artichokes (about 2 pounds)
- 1/4 cup (60 ml) olive oil
- 1/2 cup (120 ml) dry white wine
- 1/4 cup (60 ml) lemon juice
- 3 large garlic cloves, minced
- 1 small handful chopped parsley

Directions

- Trim the tops of the artichokes and remove the tough outer leaves.
- Cut each artichoke in half lengthwise.
- Heat the olive oil in a large sauté pan over medium high heat.
- Add the artichokes, cut side down, and brown them in the oil until they are nice and golden. This will take about 5-7 minutes. Season them with salt and pepper while they are cooking.
- Add the wine, lemon juice and minced garlic and bring to a simmer.
- Cover the pan and simmer/steam the artichokes over medium heat until they are tender when pierced with a fork. This will take 20-30 minutes.
- Listen to the pan. If it seems like the wine has evaporated add a bit of water and re-cover. If you do not have a tight-fitting lid you can use a pizza pan weighed down by something (I use my salt grinder and olive oil bottle).
- When the artichokes are tender toss with the parsley and serve.
- The artichokes can be served warm or at room temperature.

IMMUNITY BENEFITS

Green beans are full of fiber, folate, potassium, protein, zinc, and iron, they can also improve your heart health and prevent diabetes and cancer with the antioxidants that they contain. The almonds and garlic also play a part in helping your immune system.



SAUTEED GREEN BEANS WITH GARLIC & ALMONDS

Ingredients

- 1 pound fresh green beans, ends trimmed
- 1 tablespoon sesame oil
- 1 tablespoon olive oil sub additional 1 tablespoon sesame oil
- 1 teaspoon salt, to taste
- 1/2 teaspoon black pepper, to taste
- 2 teaspoons minced garlic
- 2 teaspoons brown sugar
- 1/3 cup shaved, sliced, or slivered almonds

Directions

- Make sure the beans are patted dry, then add to a large skillet along with oil. Sauté over medium heat 1-2 minutes. Add garlic, salt, pepper, brown sugar, and almonds.
- Sauté 10 minutes or until green beans are easily pierced with fork. Allow to cool slightly before serving.

IMMUNITY BENEFITS

The selenium found in bok choy has been found to improve immune response to infection by stimulating the production of T-cells that identify and kill invading bacteria and viruses.



ROASTED BABY BOK CHOY WITH GINGER & GARLIC SAUCE

Ingredients

- 2 baby bok choy
- 5 cloves garlic
- 1/2 tablespoon ginger
- 1 teaspoon sesame seeds
- 1/2 teaspoon chili flakes
- 1/4 cup coconut aminos liquid aminos, or soy sauce
- 1 teaspoon rice wine vinegar
- 1 teaspoon avocado oil

Directions

- Preheat oven to 450°F.
- Thoroughly wash your bok choy. Wash between the leaves as well, give it a really good rinse to make sure all the dirt is removed.
- Cut the bok choy down the center lengthwise and also trim the bottom if dirty.
- In a small bowl combine the remaining ingredients to make the ginger and garlic sauce.
- Place it onto our baking sheet and cover with desired amount of the ginger and garlic sauce.
- Roast the bok choy until the bottoms are tender, about 6-8 minutes.
- Serve on a plate and pour the remaining sauce from the sheet pan over the bok choy. You can also finish with a drizzle of sesame oil if desired.

IMMUNITY BENEFITS

Salmon is a highly nutritious food and in particular known for being rich in long chain Omega-3 fatty acids which can only be obtained through diet. These essential Omega-3s are known to suppress inflammation and keep the immune system in check.



CRISPY SCALLION GINGER SALMON

Ingredients

- 4 tablespoons oil
- 2 (8 oz.) salmon fillets (450g total, sprinkled lightly and evenly with salt)
- 1/2 cup water
- 3 tablespoons soy sauce
- 1 teaspoon sugar
- 1/4 teaspoon sesame oil
- 1/4 teaspoon salt
- 4 tablespoons ginger, finely julienned
- 3 scallions, very thinly julienned into 2-inch pieces
- 1/2 cup cilantro, chopped
- Rice or quinoa

Directions

- Place a frying pan (we used a cast-iron skillet), over medium-high heat. Spread 2 tablespoons of oil evenly in the pan. Place the salmon in the pan skin-side down. Cook the salmon on each side for 4-7 minutes, depending on the thickness of the piece. These somewhat thicker fillets took closer to 7 minutes on each side. Don't fuss with the salmon while it cooks.
- As a little cheat, look at the side of your filet. There should be no appearance of rawness in the middle. As the cooked salmon converges in the center of the cross-section of your filet as you sear each side, you'll be able to get a decent sense of when your salmon is cooked.
- While the salmon is cooking, in a small bowl, mix together the water, soy sauce, sugar, sesame oil, and salt. Set aside.
- Transfer the cooked filets to a plate. In the same pan you seared the salmon in, add 2 tablespoons of oil, and lightly fry the ginger until crisp. Add the scallions and cook until wilted, followed by the prepared soy sauce mixture. Bring the sauce to a boil, and turn off the heat.
- To serve the salmon, place on a bed of rice, and spoon the scallion and ginger evenly over the salmon. Pour the sauce over the top, and sprinkle with the chopped cilantro.

IMMUNITY BENEFITS

Shellfish are high in zinc which is great for boosting the immune system. The added benefit to this dish is the addition of garlic which is a great immune booster and the lemon which gives you vitamin C.



STEAMED CLAMS

Ingredients

- 3 tablespoons butter, divided
- 1/4 cup minced garlic
- 1/4 cup chopped green onion
- 2 pounds small clams or cockles
- 1 1/2 cups white wine
- 2 chicken bouillon cubes with 1 1/2 cups water or 1 1/2 cups chicken broth
- Juice of 1/2 lemon
- 1/2 cup cream or half and half
- Chopped parsley for garnish

Directions

- In a large sauté pan over medium heat, melt 2 tablespoons of butter. Add the garlic and green onion and cook for 3-5 minutes or until softened, stirring occasionally.
- Add the cockles and cook for another 5 minutes.
- Add the white wine and bouillon cubes with water or the chicken broth. Bring to a boil then reduce to a rolling simmer and cook until the clams open up, stirring occasionally.
- Remove from the heat and stir in the lemon juice. Add the remaining tablespoon of butter and the cream and stir. Garnish with parsley and serve immediately. Serve with sourdough bread or over whole grain pasta.

IMMUNITY BENEFITS

Turmeric has been used for years as an anti-inflammatory. Recent research suggests that the high concentrations of curcumin, which gives turmeric the distinctive yellow color, are an immune booster and antiviral. Ginger is also said to help with inflammation.



ONE SKILLET GINGER & TURMERIC CHICKEN THIGHS WITH RICE

Ingredients

- 6 chicken thighs (bone in, skin on)
- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- Pinch of ground black pepper
- 1/2 teaspoon sea salt
- 2 tablespoons olive oil
- 1 medium onion, finely diced
- 1 clove of garlic, finely chopped
- 1 cup long-grain white rice (Basmati, Jasmine, or whichever you prefer)
- 1 1/2 cup water or chicken stock
- Chopped parsley or cilantro for garnishing (optional)

Directions

- Preheat your oven to 400°F. If you are using a skillet that has a lid, you won't need the oven at all.
- Put chicken thighs in the Ziplock bag and add all the spices. Toss everything around until chicken thighs are completely covered.
- Heat the skillet over medium-high heat and add the oil. Fry chicken thighs (first skin side down) for 4-5 minutes on each side, until golden, and then remove from skillet and set aside.
- In the same oil (that is now flavored with spices) cook finely diced onion and garlic for 2 minutes, until onion becomes translucent. Then add rice and fry for 30 seconds or so before adding water/chicken stock.
- When water comes to boil return the chicken thighs (skin side up), transfer everything to the preheated oven (or cover with the lid) and cook until all the water is absorbed by the rice, and chicken thighs are tender and cooked through. That can take around 10-15 minutes.
- Serve immediately garnished with chopped parsley or cilantro. Enjoy!



IMMUNITY BENEFITS

This recipe is packed with vitamin C from the variety of bell peppers and vitamin B6 from the chicken.

MEDITERRANEAN ROASTED CHICKEN & VEGETABLES

Ingredients

Chicken

- 4 chicken breasts
- 1/2 tablespoon olive oil
- 1 tablespoon Italian seasoning
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt and pepper

Veggies

- 2 1/2 cups big diced potatoes
- 1 medium red bell pepper, diced
- 1 medium orange bell pepper, diced
- 1 medium green bell pepper, diced
- 1 small onion, diced
- 5 garlic cloves
- 1 tablespoon olive oil
- Salt and pepper
- Fresh parsley for garnish, chopped

Directions

- Preheat the oven to 425°F.
- Line a large baking/sheet pan with parchment paper or aluminum foil.
- In a medium bowl, add the chicken breast, 1/2 tablespoon of olive oil, Italian dressing, paprika, garlic powder, salt and pepper. Mix well evenly coat the chicken. Set aside.
- Place all the veggies on the baking sheet, add 1 tablespoon of olive oil, garlic, salt and pepper. Mix well to coat evenly.
- Next place chicken breasts on top of the veggies on the baking sheet/pan.
- Bake for 20-25 minutes.
- Sprinkle fresh parsley over the chicken and veggies.

Note: You can substitute other vegetables – use zucchini, broccoli, Brussel sprouts, sweet potatoes, whatever you prefer.



IMMUNITY BENEFITS

This recipe covers so many dietary bases including:

- Paleo
- Low-Carb
- Keto
- Low – FODMAP
- AIP (autoimmune protocol)
- Whole30

RECIPE ADAPTATIONS

Replace the ground beef with ground turkey, chicken, or pork. If using turkey or chicken, Add 2 to 3 additional tablespoons of avocado oil to give the dish flavor and to keep the meat moist.

Use any of your favorite seasonal vegetables. Cauliflower, sweet potato, onions, garlic, turmeric, bok choy, kale, cherry tomatoes, bell pepper (if you're okay with lectins) etc. would be lovely.

Add any of your favorite dried herbs and spices.

Drizzle with Orange-Turmeric Tahini Sauce for a boost of flavor and creamy texture.

VEGETABLE & GROUND BEEF SKILLET

Ingredients

- 1 tablespoon avocado oil or olive oil
- 2 large carrots, peeled and chopped
- 1 large crown broccoli, chopped
- 6 radishes, chopped
- 1 pound grass-fed ground beef
- 1 teaspoon sea salt, to taste
- 2 teaspoons ground ginger (optional)
- 2 medium zucchini squash, chopped
- 1 large yellow squash, chopped



Directions

- Heat avocado oil in a large (12-inch) cast iron skillet to medium heat. Add the carrots, broccoli, and radishes and stir well. Cover and cook, stirring occasionally, until vegetables begin to soften, about 5 minutes.
- Scoot the vegetables to one side of the cast iron skillet and add the ground beef. Flatten the beef against the skillet, creating a beef layer. Sprinkle with sea salt and ground ginger. Allow beef to brown 2 minutes, then flip to the other side and continue browning another 2 minutes. Break the beef up into chunks with a spatula and stir into the vegetables so that everything is combined.
- Add the zucchini squash and yellow squash and cover. Cook, stirring occasionally, until beef is cooked through and vegetables have reached desired done-ness, about 5 minutes. Taste the vegetable and ground beef skillet for flavor and season to taste with sea salt. Serve in bowls and enjoy!

IMMUNITY BENEFITS

Poultry is rich in vitamin B-6 which is vital for the body's production of red blood cells. Turkey pairs well with an apple which is loaded with antioxidants.



COPYCAT PANERA TURKEY SANDWICH

Ingredients

- 2 slices whole grain bread
- 1 oz. sharp white cheddar cheese, sliced
- 1 gala apple thinly sliced (or other sweet apple)
- 2 pieces of lettuce, about size of bread
- 2-4 oz. thick sliced roasted turkey breast
- A few slices of red onion thinly sliced

Homemade Honey Mustard

- 1 tablespoon honey
- 3 tablespoons Dijon mustard

Directions

- Make the honey mustard by mixing together the honey and mustard. Spread on both slices of bread.
- Layer 1 slice of bread with the turkey, apple, cheese, onion, and lettuce. Place remaining slice of bread on top of sandwich and slice. Serve immediately.

IMMUNITY BENEFITS

You'll get an immune boost from the beta carotene in the sweet potatoes, and 20 percent of your daily iron needs are met with this veggie quesadilla. Plus this quesadilla contains more calcium than a glass of milk!



SWEET POTATO AND SPINACH QUESADILLAS

Ingredients

- 2 medium sweet potatoes (1-pound total)
- 1 cup red-wine vinegar
- 1/2 cup sugar
- 4 black peppercorns
- 1 large red onion, sliced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 8 (6-inch) flour tortillas
- 5 cups baby spinach (about 4 oz.)
- 1 cup shredded part-skim mozzarella
- 4 teaspoons olive oil

Directions

- Microwave potatoes on high until tender (about 15 minutes).
- Meanwhile, in a medium saucepan, combine vinegar, sugar, and peppercorns; bring to a boil and stir to dissolve sugar. Place onion slices in a medium heatproof bowl; pour hot vinegar mixture over onion and let stand 10 minutes. Drain onion slices and transfer to a plate to cool.
- Split cooked potatoes open with a knife; remove flesh and transfer to a bowl (you should have about 1 cup). Use a fork to mash potato with salt and pepper; divide potato filling among 4 tortillas. Top each with 1 heaping cup spinach, 1/4 cup cheese, and another tortilla.
- Heat a large nonstick skillet over medium-high heat. Working in batches, heat 1 teaspoon oil and transfer 1 quesadilla to skillet; cook until quesadilla is crisp and cheese is melted (about 3 minutes per side). Transfer cooked quesadilla to serving plate. Repeat with remaining oil and quesadillas. Cut quesadillas in quarters and serve each with 1/4 cup pickled onions.



IMMUNITY BENEFITS

Not only is lobster high in zinc, but it is also an excellent source of selenium, an antioxidant that plays a role in protecting your body from infection. The hefty amount of garlic in this recipe gives you a good amount of allicin and other antioxidants!



GARLIC BUTTER LOBSTER ROLLS

Ingredients

- 1 pound lobster meat
- 1 teaspoon celtic sea salt
- 6 tablespoons butter, divided in half
- 4 cloves garlic, minced
- 1 large shallot, minced
- 1 teaspoon lemon zest
- 1/4 cup dry white wine
- 1 tablespoon fresh tarragon, chopped
- 4 large soft hoagie rolls or New England Style hot dog buns
- 1 tablespoon softened butter, for spreading on the roll

Directions

- In a large pan, melt 6 tablespoon butter on medium heat.
- Add in garlic and shallots, stirring occasionally, until fragrant and soft - about 4 minutes. Salt while simmering.
- Stir in wine and increase heat to high.
- Stir in lobster meat, lemon zest, and tarragon.
- Cook to piping hot and sauce is reduced, about 5 minutes.
- Slather softened butter on rolls, inside and out.
- Add rolls to a hot griddle pan and toast on each side.
- Scoop lobster meat and garlic butter sauce into roll that has been toasted.
- Serve immediately with drawn butter if desired.

IMMUNITY BENEFITS

A healthy alternative to tacos!
The Greek yogurt, lime, and shrimp all have immune boosting properties!



SUPER SIMPLE SHRIMP TACOS

Ingredients

- 8 corn tortillas
- 6 oz. fat free Greek yogurt
- 1/4-1/2 teaspoon cayenne pepper
- 2 tablespoons fresh lime juice
- 1/4 cup chopped cilantro
- 4 teaspoons extra virgin olive oil divided
- 1/2 a head of cabbage, thinly sliced (about 5 cups)
- 1 pound shrimp defrosted if frozen, peeled, & deveined
- Salt and pepper, to taste

Directions

- Heat tortillas over medium heat in a dry skillet until warm and starting to form small brown spots. Set aside on a plate covered with a clean kitchen towel.
- Mix yogurt, cayenne, lime juice, cilantro, & salt in a small bowl, set aside.
- Heat two teaspoons of olive oil in a medium non-stick skillet and add cabbage. Cook for about four minutes or until the cabbage is just barely wilted. Season with salt and pepper and set aside.
- Cut shrimp into thirds, so you have little bite size pieces. Sauté in two teaspoons of olive oil and season with salt, pepper and a dash of cayenne pepper over medium heat just until done. They cook up in just a few minutes so be sure to watch them!
- Build your taco! Place a scoop of cabbage on the warmed tortillas, then top with shrimp, and cilantro sauce. Enjoy!

IMMUNITY BENEFITS

We already know the benefits of poultry on the immune system.

The tomato and the spinach give you high amounts of vitamin C and the whole grains in the bread contains anti-inflammatory properties, which allow for an increase in production of healthy bacteria. Seventy percent of your immune system lives in your gut, so, it's important to keep it healthy if you want to fend off any cold-causing germs.



CHICKEN FLORENTINE PANINI

Ingredients

- 1 tablespoon Miracle Whip
- 1 tablespoon pesto
- 2 Slices whole grain or whole wheat bread
- 1.5 oz. thinly sliced cooked chicken breast
- 1 tomato, sliced
- 1/2 cup baby spinach leaves
- 1 cheese slice (your choice of cheese)

Directions

- Heat panini grill sprayed well with cooking spray to medium-high heat.
- Mix Miracle Whip and pesto; spread onto bread. Cover bread slice with chicken, tomatoes, spinach and cheese. Top with remaining bread slice, pesto-side down.
- Grill 4-5 minutes or until golden brown.

IMMUNITY BENEFITS

This recipe is packed with immune boosting foods! Tuna is such an affordable option if you are looking for a food packed with zinc. The Greek yogurt in the tahini yogurt sauce provides sickness-fighting probiotics which help reduce the risk of getting sick. Finally, the hard-boiled egg gives you an extra dose of vitamin D.



TUSCAN TUNA SANDWICH

Ingredients

- 1/2 cup tahini (alternately you can use mayo, but I don't love mayo)
- 1/4 cup plain Greek yogurt
- Zest + juice of 2 lemons
- 2 tablespoons olive oil
- 1/2 cup fresh basil
- Salt and pepper, to taste
- Pinch of crushed red pepper flakes
- 2 (5 oz.) cans oil packed tuna, oil drained
- 1/4 cup kalamata olives
- 2 tablespoons sun-dried tomatoes, chopped
- 1 loaf ciabatta bread, halved lengthwise
- 1 avocado, sliced
- 2 Persian cucumbers, sliced
- 4 hard boiled eggs, sliced or quartered
- 1 cup shredded purple cabbage
- 2 cups fresh arugula
- 4-6 oz. feta cheese crumbled

Directions

- In a food processor or blender, combine the tahini, Greek yogurt, zest + juice of 2 lemons and the olive oil until smooth and combined. If needed thin with just a little water. Add the basil + a pinch of salt and pepper and the crushed red pepper flakes to the blender or food processor and pulse once more to combine.
- In a medium bowl, gently combine the drained tuna with the olives and sun-dried tomatoes.
- Cut the loaf of ciabatta in half lengthwise and then generously spread both halves with the basil tahini yogurt sauce. Now spread the tuna mixture over the bottom half of the ciabatta. Layer the following ingredients in a single layer: avocado, cucumber, hard boiled eggs, cabbage and arugula. Crumble the feta over the arugula and season with pepper. Add the top half of the ciabatta and gently push down on the sandwich to help it stick together.
- From here, you can either wrap the sandwich in plastic wrap and place in the fridge for up to 1 day OR you can serve.

IMMUNITY BENEFITS

Ripe and dried dates, both, are very good sources of vitamin C, one of the most important nutrients when it comes to the body's immunity.



CHOCOLATE PB ENERGY BALLS

Ingredients

- 12 pitted medjool dates
- 1/3 cup cocoa powder
- 1 teaspoon vanilla extract
- Pinch of sea salt
- 1/4 cup peanut butter*
- 1/4 cup oats*

**if nut allergy you can leave out PB and Oats, or replace with another dry and wet ingredient pair as long as you add equal parts of dry and wet ingredients. Other ideas include honey and coconut flakes.*

Directions

- Put dates, cocoa powder, vanilla and salt into food processor and pulse for 1-2 minutes.
- Add in PB and Oats and blend all ingredients together.
- Roll into balls.
- Refrigerate for 1 hour.

IMMUNITY BENEFITS

Strawberries are an excellent source of vitamin C, an antioxidant which is necessary for immune and skin health. Chia seeds are nutritious, an excellent source of fiber and full of antioxidants that protect you from free radicals.



STRAWBERRY PROTEIN CHIA SEED PUDDING

Ingredients

- 1/2 cup (100g) frozen strawberries
- 100ml milk – dairy or coconut
- 1 tablespoon vanilla whey protein
- 1 tablespoon maple syrup
- 50g chia seeds

Directions

- Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.
- Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.
- TIP - if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.

IMMUNITY BENEFITS

Ginger may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. Ginger may also help with nausea as well. The oranges in this dessert recipe are also a good source of vitamin C.



ORANGE-GINGER RICOTTA TART

Ingredients

- 1 1/2 cups all-purpose flour
- 1 tablespoon finely chopped crystallized ginger
- 2 teaspoons sugar
- 3/4 teaspoon salt
- 1/2 cup butter, cut up
- 2–4 tablespoons ice water
- 1 (8 oz.) package cream cheese, softened
- 1/4 cup sugar
- 1 teaspoon vanilla
- 1 (15 oz.) carton whole-milk ricotta cheese
- 2 eggs
- 1 tablespoon milk
- 1/4 teaspoon salt
- 1/4 cup orange marmalade
- Orange slices (optional)
- Kumquat halves (optional)
- Orange marmalade, melted (optional)

Directions

- For crust, place flour, ginger, 2 teaspoons sugar, and 3/4 teaspoon salt in a food processor. Cover and process with on/off pulses until combined. Add butter. Cover and process with on/off pulses until mixture resembles coarse crumbs.
- With machine running, add the ice water in a slow, steady stream. Process about 15 seconds or until pastry begins to clump together but is still a bit crumbly.
- Gather flour mixture into a ball, kneading gently until it holds together. Wrap pastry in plastic wrap and chill for 1 hour.
- Use your hands to slightly flatten pastry between two pieces of waxed paper. Roll pastry from center to edges into a circle about 13 inches in diameter. Remove waxed paper; wrap pastry circle around the rolling pin. Unroll into a 9-inch springform pan that has a removable bottom. Ease pastry into pan without stretching it; press onto the bottom and up the sides of the pan. Chill for 30 minutes.
- Preheat oven to 350°F. Line pastry with a double thickness of foil. Bake for 10 minutes. Remove foil. Bake about 15 minutes more or until golden. Cool on a wire rack. Increase oven temperature to 375°F.
- For filling, in a medium mixing bowl combine cream cheese, 1/4 cup sugar, and vanilla. Beat with an electric mixer on medium to high speed until smooth and creamy. Beat in ricotta cheese, eggs, milk, and 1/4 teaspoon salt until combined.
- Pour filling into baked crust. Bake for 20–25 minutes or until the outer edges begin to puff and the center is set. Cool on wire rack for 2 hours (filling will continue to set). Cover and chill for at least 8 hours or until filling is firm.
- Using a small sharp knife, loosen crust from sides of pan. Remove sides of pan. Before serving, spoon 1/4 cup marmalade onto tart. If desired, top with oranges and kumquats; brush fruit with additional melted marmalade.

IMMUNITY BENEFITS

Papaya is another fruit loaded with vitamin C. You can find double the daily recommended amount of vitamin C in a single medium fruit. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects. Papayas have decent amounts of potassium, magnesium, and folate, all of which are beneficial to your overall health.



VEGAN PAPAYA & LIME POPSICLES

Ingredients

Papaya Layer

- 2 cups fresh papaya, chopped (*it's okay if the papaya is sticking out of the measuring cup)
- 1 teaspoon freshly squeezed lime juice
- 1 teaspoon lime zest

Coconut Cream Layer

- 14 oz. canned full-fat coconut milk
- 1 teaspoon vanilla bean paste/extract
- 1/2 teaspoon freshly squeezed lime juice
- 1/2 cup powdered sugar

Directions

- Start by adding all of the ingredients for the papaya layer to a blender including the fresh papaya, lime juice, and lime zest. Blend until smooth.
- In a mixing bowl add your coconut cream layer ingredients including coconut milk, lime juice, and vanilla bean and whisk until smooth. Then, slowly add in the powdered sugar and whisk to combine.
- Begin by adding 2 tablespoon of the coconut cream layer to each popsicle mold. Then, layer with 2-3 tablespoon of the papaya layer. Finish by topping each popsicle mold with coconut cream until filled.
- Add a popsicle stick to each popsicle mold and then add the filled molds to the freezer. Let the popsicles sit at least 6-12 hours in the freezer before removing. Run the mold under warm water to help remove the popsicles and Enjoy!

IMMUNITY BENEFITS

Kiwis are naturally full of a ton of essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C boosts the white blood cells to fight infection, while kiwi's other nutrients keep the rest of your body functioning properly.



NO BAKE KIWI CHEESECAKE

Ingredients

Crust

- 12 teaspoons graham cracker crumbs
- 1 teaspoon melted butter
- 2 tablespoons sugar

Cheesecake

- 1 cup heavy whipping cream
- 1/2-pound cream cheese
- 1/2 cup powdered sugar
- 1 teaspoon vanilla essence

Topping

- 1/4 cup water
- 2 kiwis, peeled and chopped
- 2 tablespoons sugar
- 1 tablespoon gelatin

Directions

- Preheat the oven to 350°F.
- Mix ingredients for making the crust until well blended.
- Fill into the mini cheese cake pan and press down firmly.
- Bake for 5-7 minutes, until lightly browned.
- Allow to completely cool.

Make the cream cheese

- Beat the sugar and cream cheese, until light and fluffy. Beat the whipping cream separately until soft peaks form.
- Mix the cheese and whipped cream together. Add the vanilla and beat until light and fluffy.
- Fill in, right on top of the baked graham crust and allow to chill for at least 2-3 hours.

Make the topping

- Cook the sugar and kiwis together and then using a blender, blend it all to a smooth consistency.
- Allow to cool slightly and add in the gelatin.
- Mix until it thickens and then spoon it over the cheese cakes.
- Chill it again and then serve chilled.



IMMUNITY BENEFITS

Elderberry is loaded with antioxidants, and it may help fight inflammation. In some lab studies, an extract from the berries appears to block flu viruses.



ELDERBERRY CHOCOLATE TORTE

Ingredients

- 1/2 cup butter
- 1 cup elderberries, dried
- 2/3 cup heavy cream
- 2/3 cup low carb sugar like erythritol
- Pinch sea salt
- 8 eggs
- 12 oz. baking chocolate (Get the best quality dark chocolate you can.)
- Unsweetened cocoa for dusting

Directions

- Preheat oven to 350°F.
- Butter the sides of a 9-inch springform pan. Line the base with parchment paper. Do NOT skip this step or your chocolate torte will stick and be difficult to plate.
- In a small saucepan, mix the berries, butter and cream. Bring the mixture to a simmer over low/medium heat. Simmer softly for about 15 minutes, or until the mixture smells slightly of berries. Stir constantly to avoid scorching.
- Remove the pan from the heat and strain the berries from the cream mixture. Save the elderberries for our Elderberry Granola Bars linked in the article. Or, compost the berries.
- Use the whisk attachment of your mixer to beat the sugar, salt and eggs on high speed. Mix until it becomes very thick and pale. The mixture will be thick and ribbon-y (as Devon describes it). This takes around 5 minutes.
- Use the double boiler over low heat to combine the cream mixture and the chocolate. Stir as the mixture melts until it has completely done so - it will look glossy. Remove from the heat once melted.
- Add a bit of the chocolate mixture to the egg mixture to temper the eggs and prevent them from "scrambling" in your torte. Fold the rest of the chocolate mixture into the egg mixture in 1/3 increments. Do NOT over-mix but continue to fold until evenly combined.
- Pour the mixture into the springform pan and bake for 35-40 minutes. Bake until the gloss disappears from the torte top and only the center jiggles slightly when gently moved. It will set up once cooled. Do NOT overbake.
- To plate the chocolate torte, allow to cool for at least 30 minutes. Run a knife gently around the inside of the pan walls. Remove the outer ring with caution. If your torte is completely cool and you're confident it's solid, you may run a knife underneath the torte and remove it from the pan bottom. OR, you may leave it on the pan bottom and put it on your favorite cake stand.
- Dust with cocoa before serving. You may also whip cream and place a dollop on individual pieces of torte, dusting with cocoa afterwards.

IMMUNITY BENEFITS

You thought it was just a cute summer treat, but watermelon packs a healthy punch. It's full of vitamin C, lycopene (more than tomatoes!), carotenoids (like beta carotene that converts to vitamin A), and cucurbitacin E, an anti-inflammatory plant compound. It's also super hydrating, as a bonus.



EASY WATERMELON SORBET

Ingredients

- 1 cup sugar
- 1 cup water
- 8 cups seedless watermelon
- 2 tablespoon lemon juice

Directions

- In a small pan, add sugar and water and bring to a boil. Cook until sugar is dissolved, then set aside to cool.
- Puree watermelon in batches and place in a large bowl. Add sugar syrup and lemon juice and mix well.
- Place in a 9-inch x 13-inch dish, cover and place in freezer until firm. Puree frozen mixture before serving.

IMMUNITY BENEFITS

Berries contain flavonoids — a type of antioxidant that can help reduce damage to cells and boost your immune system. In addition, berries have plenty of vitamins, including vitamin C, vitamin A, potassium, dietary fiber, and manganese. For this recipe, blueberries, strawberries, and blackberries would be a great mix!



MIXED BERRY CRISP

Ingredients

Filling

- 5 cups mixed berries
- 1/4 cup granulated sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon cinnamon

Streusel Topping

- 1 cup all-purpose flour
- 3/4 cup old fashioned oats
- 1/2 cup brown sugar packed light or dark
- 1/4 teaspoon salt
- 1/2 cup unsalted butter diced, cold
- Vanilla ice cream for serving

Directions

- Preheat oven to 375°F. Grease an 8-inch square baking dish or 7-inch x 11-inch baking dish.
- Place the mixed berries into the greased baking dish; sprinkle sugar, corn starch and cinnamon on top and set aside.
- In a small bowl, combine the oats, flour, brown sugar and salt. Cut in butter using a fork until mixture resembles coarse crumbs. Sprinkle the crisp/streusel mixture over berry mixture.
- Bake until the crisp topping is lightly brown, and filling is bubbly, about 35-40 minutes. Serve warm with a scoop of ice cream, if desired.

IMMUNITY BENEFITS

Elderberries help to increase antioxidant levels in the body and fight flu. They also offer protection against viruses that might damage cell walls, and decrease mucus production during cold and flu. They also aid in heart health and digestion.



IMMUNE BOOSTING ELDERBERRY GUMMIES

Ingredients

Elderberry Syrup

- 1/3 cup dried elderberries
- 1 1/3 cup water
- 1 slice ginger
- 1/2 cinnamon sticks 1/3 cup raw honey or regular honey

Gummy Bears

- 1 cup elderberry syrup* divided (room temperature), see recipe notes on how to make homemade elderberry syrup
- 1/4 cup gelatin (4 tablespoons, or 4 Knox packets)
- 2/3 cup hot water (not boiling)
- Gummy bear molds

Directions

Syrup

- Start by adding all ingredients except honey in a medium saucepan.
- Bring to a boil and lower the heat. Cover with a lid and simmer for about 1 hour. Then turn off the lid and let steep for 20 minutes.
- Strain out the berries and herbs. Press the berries to release the extra juices.
- Then let the liquid cool down slightly, and add honey. Stir to incorporate.

Gummy Bears

- Place molds on a baking sheet, and set aside a miniature baster/dropper.
- Get the hot water ready. Make sure it's hot but not boiling
- In a medium-sized mixing bowl, whisk together 1/4 cup of room temperature elderberry syrup with gelatin.
- Add in the hot water and stir until completely dissolved. (Make sure to add the hot water right away.)
- Add the remaining elderberry syrup. Mix well.
- Pour the gelatin mixture into each mold. I recommend using the miniature baster/dropper, which usually comes with the mold.
- Fill in each mold to the top. If there are any bubbles forming on the surface, just pop with the tip of a spoon or toothpick.
- Chill in the refrigerator for at least 1 hour. Make sure they're firm before you unmold them. (Don't try to speed up the chilling process by freezing them. It will make the gummies stick to the mold.)

IMMUNITY BENEFITS

The quirky and humble beet is packed with essential vitamins, minerals, and antioxidants, vital for boosting health and improving immunity. Beets (root, stems, and leaves) contain Vitamin C, Zinc, Iron, Antioxidants, and other important nutrients to promote a healthy immune system and help keep away pesky colds and flu viruses.



BEET, ORANGE, CARROT, & BANANA SMOOTHIE

Ingredients

- 2 large beets, chopped
- 3 oranges, peeled and removed of pith roughly chopped
- 3 medium carrots, chopped
- 1/2-inch knob of ginger (optional)
- Cold water enough to fill a 9 cup blender or 36-48 ounces
- 3 to 4 very ripe large bananas, chopped
- Flax seed (optional)

Directions

- To a blender add beets, oranges, carrots, and ginger (if using). Add cold water to the blender, right up to the fill line. Blend until smooth, about 3-5 minutes, depending on the power of your blender.
- Turn off the blender and strain the solids over a cup with a lip. I use a 1 quart measuring cup I purchased at the .99 store. Press on the solids to extract as much liquid as possible. Discard the solids.
- Return the strained mixture to the blender and add the bananas. Blend on high until smooth. Taste and if you find it is not sweet enough, add another banana.
- Serve over ice.
- Makes about 7 cups.

IMMUNITY BENEFITS

This smoothie is packed with berries, kiwi, citrus, greens, and Greek yogurt. All immune boosting ingredients!

IMMUNE BOOSTING SMOOTHIE

Ingredients

- 4 cups greens (spinach, kale, or both)
- 1/2 can (20 oz. can) pineapple chunks and juice
- 1 orange, peeled
- 1 kiwi, peeled
- 2 tablespoons ground flaxseed
- 1 cup plain Greek yogurt
- 1 cup frozen mixed berries
- 1/2 to 1 cup water, if needed to blend

Directions

- Add all ingredients to a blender.
- Blend until smooth. If using a regular blender, you may need to stop and scrape down sides once or twice.



IMMUNITY BENEFITS

Polyphenols, potent plant antioxidants, are what's believed to give green tea its immune-boosting effects. Polyphenols, potent plant antioxidants, are what's believed to give green tea its immune-boosting effects.



ICED CITRUS GREEN TEA

Ingredients

- 4 green tea bags
- 6 cups boiling water
- 2 lemons, juiced
- 10 mint leaves, cut into strips
- 1 tablespoon cane sugar or honey

Directions

- Pour 6 cups of water over 4 green tea bags in a large teapot and let steep for 5 minutes. Remove the tea bags, drop in the mint and let the tea sit for another 10 minutes to cool.
- Place pot in fridge for 4 hours.
- Pour tea into large pitcher and stir in remaining ingredients.
- Serve over ice and store in the fridge.

IMMUNITY BENEFITS

Of course, the bacteria responsible for all the goodness of homemade sodas needs to come from somewhere, and, in the case of this fermented, probiotic lemonade soda recipe, they come from fresh whey. Fresh whey is the liquid that accumulates on top of your yogurt, and it is also the liquid leftover when you make homemade yogurt or milk kefir and strain it. You can also use kombucha tea, jun tea, water kefir or ginger bug in place of whey in this recipe. They're all a good source of the friendly microbes you need to make homemade, fermented soda.



FERMENTED, PROBIOTIC HONEY LEMONADE SODA

Ingredients

- 6 cups water
- 1 cup honey
- 1 cup lemon juice
- 1/2 cup fresh whey (see immunity benefits for other options of this ingredient)

Special Equipment

- Flip Top Bottles

Directions

- Warm the water in a saucepan over low heat, keeping it just warm enough to dissolve the honey – about 100 F. Whisk in the honey continuously until fully dissolved in the water. Turn off the heat, and remove the pot from the stove.
- Whisk the lemon juice and whey into the honey water until fully incorporated.
- Pour the lemonade through a narrow funnel flip-top bottles. Seal the bottles, and allow the lemonade to sit at room temperature to ferment at least four and up to seven days. You can open a bottle to check for fizziness and flavor, keeping in mind that the warmer your kitchen and the more time you allow, the sourer and more fizzy your soda will be.

IMMUNITY BENEFITS

Being rich in anti-inflammatory compounds, pomegranates are extremely healthy for those suffering from immune-related disorders like rheumatoid arthritis and osteoarthritis. They are also rich in vitamin C, which boosts antibody production and helps in the development of immunity.



GINGER, LEMON & POMEGRANATE DRINK

Ingredients

- 1 pomegranate
- Thick slice of ginger
- 1 lemon
- 2 cups (about 470 ml) mineral water

Directions

- Deseed a pomegranate.
- Combine the pomegranate seeds, peeled lemon, ginger, and half cup of mineral water into a blender. Blend for a while.
- Pour the liquid through a strainer to remove the pomegranate seeds.
- Add remaining mineral water and ice and the drink is done.



IMMUNITY BENEFITS

Almond milk contains vitamins A, D and E, so using it every day would be a great daily boost for your body's immune system.

Even better, it's also rich in vitamin B and iron which both increase muscle strength and healing.



HEALTHIER WHIPPED COFFEE (DALGONA COFFEE)

Ingredients

- 2 tablespoons instant coffee or instant espresso
- 1 1/2 tablespoons coconut sugar (cane sugar also works)
- 2 tablespoons boiling water
- 1 to 2 cups milk (unsweetened almond milk preferred)
- Ice

Directions

- Whisk coffee, sugar and boiling water together using a stand mixer, hand mixer or frother. Whisk for 2-5 minutes until foamy, scraping down the sides of the bowl, if needed.
- Add ice to a cup, pour in milk and then top with whipped coffee mixture. Take a quick picture to social media, then stir and enjoy!

IMMUNITY BENEFITS

Kale contains high levels of vitamin C which not only packs a powerful antioxidant punch, it helps fight off infection and regenerate other antioxidants in the body, including vitamin E. They also contain folate, another immune booster. Tomato juice also contains high levels of vitamin C.



BLOODY MARY WITH BABY KALE & TOMATO JUICE

Ingredients

- 3 1/2 ounces Taylor Farms Baby Kale, about 5 big handfuls
- 3 tablespoon Worcestershire sauce
- 2 teaspoon tabasco
- 1/2 cup vodka
- 2 tablespoons fresh lime juice
- 1/2 teaspoon horseradish
- 1/4 teaspoon paprika
- 1 pinch salt and black pepper
- 2 1/2 cups tomato juice
- 1/2 cup crushed ice

Directions

- Place all of the ingredients into a blender and blend on high speed until smooth.
- Pour into two tall glass tumblers with the rims coated in your favorite spice rub.

IMMUNITY BENEFITS

Grapefruit may be beneficial for your immune system. It's prized for its high content of vitamin C, which has antioxidant properties known to protect your cells from harmful bacteria and viruses.



SKINNY PALOMA

Ingredients

- 12 ounces fresh grapefruit juice (2–3 pink or red grapefruits, juiced)
- 3 ounces tequila
- 2 teaspoons lime juice
- Ice
- Grapefruit flavored sparkling water (optional)
- Sea salt flakes or pink Himalayan sea salt (for the rim)

Directions

- Add 1 shot of tequila, 6 ounces of grapefruit juice, 1 teaspoon of lime juice and ice into each glass.
- Stir to combine, add a splash of sparkling water (if using) and garnish with a lime wedge.

IMMUNITY BENEFITS

A modest amount of red wine per week increases levels of polyphenols and particular gut bacteria strains that make anti-inflammatory molecules and can enhance the immune system. Blackberries also contain vitamin A, which serves several functions in the body. Vitamin A supports the immune system, which combats infections and illness. It also supports the growth and maintenance of teeth and bones, as well as keeping skin healthy.



BLACKBERRY SANGRIA

Ingredients

- 1/4 cup simple syrup
- 1 nip of brandy (about 1/4-1/3 cup)
- 1 cup cranberry juice
- 1 bottle of dry Spanish red wine
- 1 lemon, sliced
- 1 orange, sliced
- 1 cup blackberries
- 1 cup blackberries, crushed
- 1/2 teaspoon vanilla flavoring

Directions

- In a bowl, crush 1 cup of blackberries. Remove the soft pits out of the bowl and compost them (or eat them!)
- Place the lemon slices, orange slices, whole blackberries, and crushed blackberries into the pitcher.
- Pour in the simple syrup, the brandy, and the cranberry juice.
- Add in the whole bottle of red wine.
- Mix together with the vanilla flavoring. Vanilla extract will also work fine for this.
- Chill in the refrigerator for 2 hours.
- Serve over ice.

IMMUNITY BENEFITS

Hot toddies are reported to help reduce cold symptoms, although you really don't want to overdo it on the whiskey. Your body needs to heal, and the simple combination of warm water, honey and lemon combined can work wonders.



CLASSIC HOT TODDY

Ingredients

- 3/4 cup water
- 1 1/2 ounces whiskey
- 2 to 3 teaspoons honey, to taste
- 2 to 3 teaspoons lemon juice, to taste
- 1 lemon round
- 1 cinnamon stick (optional, for garnish)

Directions

- In a teapot or saucepan, bring the water to a simmer. Pour the hot water into a mug.
- Add the whiskey, 2 teaspoons honey and 2 teaspoon lemon juice. Stir until the honey has disappeared into the hot water. Taste, and add 1 teaspoon honey for more sweetness, and/or 1 teaspoon more lemon juice for more zing.
- Garnish with a lemon round and cinnamon stick (if using). Enjoy!

IMMUNITY BENEFITS

Mangoes and oranges are great sources of immune-boosting nutrients. One cup (165 grams) of mango provides 10% of your daily vitamin A needs. Coconut water also has anti-viral and anti-bacterial properties that can help increase your body's immune system and fight viral infections like flu.

IMMUNE BOOSTING ORANGE MANGO SMOOTHIE

Ingredients

- 2 small navel oranges, peeled and sliced
- 1 cup peeled ripe mangos, frozen preferably
- 1 cup coconut water or just regular coconut
- 4-6 ice-cubes (optional)

Directions

- In a blender, combine all the ingredients. Blend for 2-3 minutes or until everything is well blended. The smoothie should be thick, and lump free.
- Check the consistency of the smoothie and add more water or ice depending on the taste.

