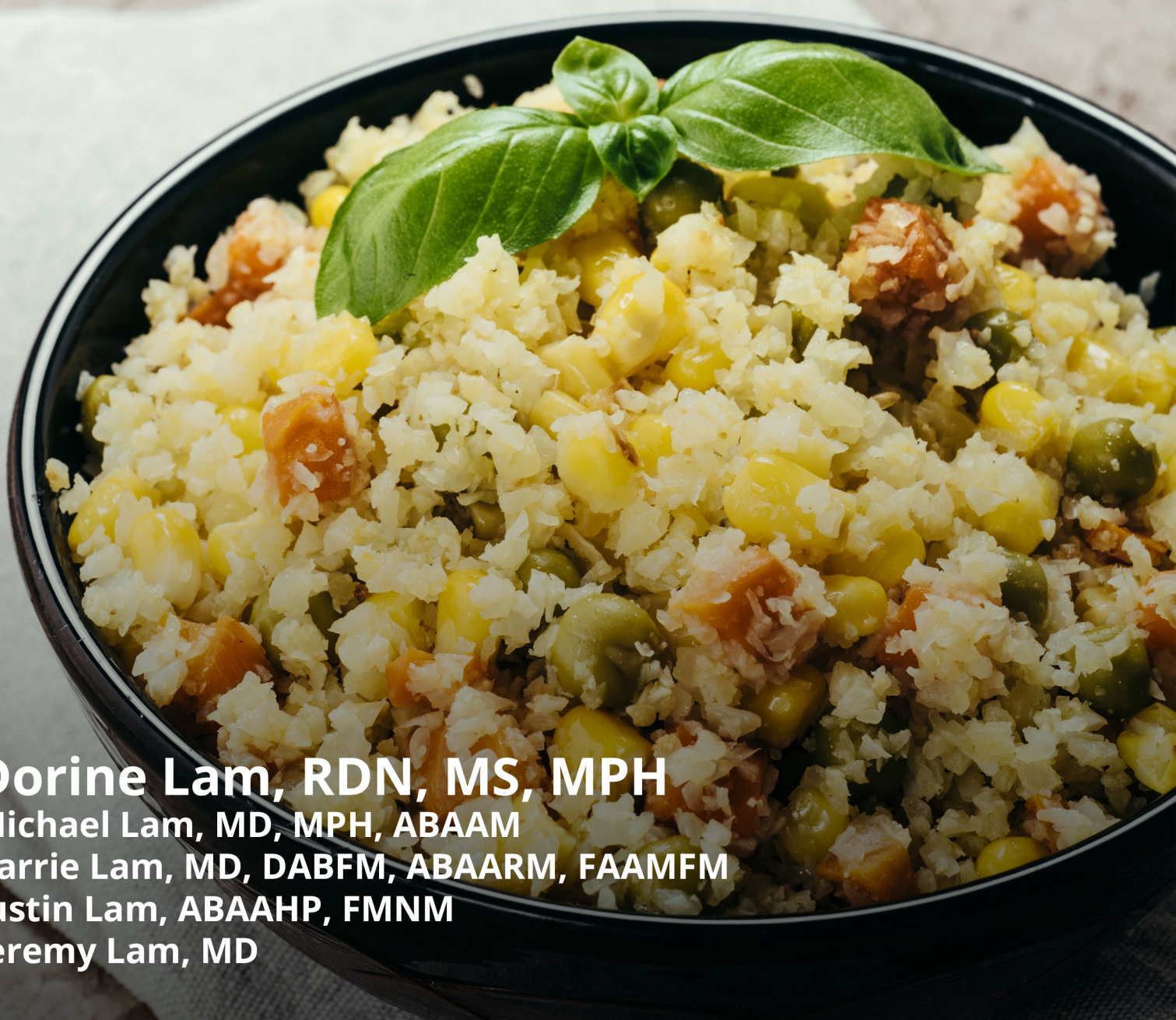


FREE

IMMUNE-BOOSTING RECIPES



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Introduction

Food is such a vital way to support and heal our body. It is something that we consume each and every day. What we put into our body has a huge impact. It can propel us to greater health and healing, or it can drag us down.

This recipe book will share with you some great recipes on foods that can help support and boost your immune system. It will also guide you on general principles and why these foods are good for you. To start you off, here is a handy graphic to explain some foods that you should avoid, foods that you should eat more of now, and some supplements to help support your body.

A Natural Guide to Supporting the Immune System

AVOID INFLAMMATORY FOODS



Fast foods

Hydrogenated oils and trans fats

Meat and poultry

White flour (wheat)

Sugar

Food additives

Dairy Products

Alcohol



EAT MORE IMMUNE-BOOSTING FOODS



Cold water fish

Vegetables high in fructooligosaccharides

Brightly colored fruits and vegetables

Grapes and berries

Olive oil

Nuts and seeds

Avocados

Cruciferous vegetables



TAKE IMMUNE-BOOSTING SUPPLEMENTS



Omega-3 fatty acids

Ginger

Turmeric

Cinnamon

Probiotics

Glutathione

Vitamin E

Vitamin D

Quercetin

Bromelain





Ginger Immune-Boosting Soup

Ginger has an ingredient known as gingerol, an antioxidant that is responsible for fending off toxic chemicals in our bodies that lead to physical and psychological stress. Ginger can be useful in reducing the load on our bodies that we receive from stressful influences in our lives

Ginger helps improve digestion and improves the body's ability to absorb and use nutrients by stimulating the digestive tract to release gastric juices and the pancreas to secrete enzymes.

INGREDIENT A

- 1 oz (30 g) dried shitake, porcini and oyster mushrooms

INGREDIENTS B

- 1 tbsp olive oil
- 1 med white or yellow onion, finely chopped
- 2-in piece of ginger, peeled and grated
- 1 whole garlic bulb, peeled and crushed

INGREDIENTS C

- 4 cups vegetable broth
- Juice of 1 lemon
- Salt and Pepper to taste

METHOD

1. Soak the dried mushroom in 1 cup of boiling water for 10 minutes.
2. Put Ingredients B in a large pot, fry until soft and aromatic over medium heat.
3. Add in the rehydrated mushrooms and their water.
4. Add Ingredients C.
5. Simmer for at least 2 hours. Or you can transfer everything into a Crockpot and cook.

Serves 4

Turmeric Carrot Muffins

Our turmeric carrot muffins are not only the color of summer, they are also delicious and very nutritious.

Turmeric works great to reduce inflammation, improve digestion, improve liver function, and support the immune system.

INGREDIENTS A

- 1½ cup oat flour
- 3 tbsp chia seeds
- ¼ tsp salt
- 2 tsp baking powder
- ¼ tsp baking soda
- 1 tsp cinnamon
- ⅓ cup chopped dates
- ⅓ cup chopped dried apricots
- ½ cup shredded coconut

INGREDIENTS B

- 1½ cups chopped carrots
- ⅓ cup maple syrup
- 1 tbsp melted coconut oil
- 1 tsp ground turmeric
- 1 tsp chopped fresh ginger
- 1 tsp vanilla extract
- ½ cup coconut milk

INGREDIENT C

- Muffin casings

METHOD

1. Preheat your oven to 365 degrees F.
2. Set up your muffin casings on a tray or take out your muffin tray.
3. Take a bowl and mix together all the Ingredients A. Put the dates and apricots in last and then mix again.
4. In a blender or bar mix add all Ingredients B together and blend well.
5. Transfer Ingredients B into the dry ingredients bowl.
Note: *If the blender or bar mix still contains some carrot shreds, add some coconut milk and pour leftovers into the dry ingredients bowl. If the mixture is looking a little dry, add a more coconut milk to your liking.*
6. Combine and mix all ingredients A and B together in the bowl.
7. Note: If the mixture is too runny then add some more oat flour. The texture should be slightly sticky.
8. Then take a wet tablespoon and spoon the mixture into Ingredients C evenly.
9. If you like, you can also sprinkle some more chia seeds or coconut on top.
10. Place the tray in the oven for 25 minutes or until a toothpick comes out dry. If it comes out wet, keep baking.
11. Take out your turmeric carrot muffins and let the tray cool for 5 minutes, and then serve.
12. If you wish to store the muffins then let them cool completely and then place them in a sealed storage contains and pop them in the fridge for no more than 5 days.





Ginger Tea

Ginger is an age old immune booster that has been proven to help protect against the cold and flu. According to research conducted at the University of Maryland Medical Center, drinking a tea made from a couple tablespoons of fresh ginger a couple of times a day during flu season can significantly reduce your risk of falling ill.

Ginger can also help ease cough, congestion, and other symptoms of respiratory illness by expanding the lungs and breaking down mucus to make it easier to expel.

INGREDIENTS A

- 1½ tsp grated ginger root
- 1½ cups of water
- 1 tsp honey or brown sugar to taste

INGREDIENTS B (OPTIONAL)

- 1 tsp fennel seeds
- 3 pods of crushed cardamom

INGREDIENTS C (OPTIONAL)

- Blueberries
- Mint leaves
- A squeeze of lemon

METHOD

1. Bring water to a boil.
2. Add the ginger.
3. Add Ingredients B (optional - for detoxing).
4. Let it steep for approximately 5-10 minutes.
5. Serve it hot or cold.

Hot version: Pour in mug, add desired amount of honey or brown sugar and enjoy!

Cold version: Pour tea into a glass filled with ice. Garnish with Ingredients C.

Serves 1

Miso Soup

Miso is a fermented food from Japan. Its made of soybean and provides great flavor and umami. But most of all, miso is a probiotic rich super food that can help support the immune system. Probiotics are great to help digestion and support the immune system.

INGREDIENTS A

- 1 tsp olive oil
- 2 clove garlic, minced
- 1½ inch fresh ginger, minced
- 1 green chili, sliced

INGREDIENTS B

- ¾ cup shredded carrots
- ¾ cup bell pepper, thinly sliced
- Shredded vegetables of your choice such as cabbage, broccoli, etc. (optional)
- ½ tsp turmeric

INGREDIENT C

- ½ cup firm tofu, cut into 1-inch cubes

INGREDIENTS D

- 1 tsp brown sugar
- 2 tsp soy sauce or tamari
- 1 tsp apple cider vinegar
- 3 to 3½ cups water

METHOD

1. In a saucepan over medium heat sauté Ingredients A for about 3 min until they are translucent.
2. Next, toss in the Ingredients B and sauté for a while.
3. Add in tofu (Ingredient C). Sauté for another minute.
4. Now, stir in Ingredients D. Bring to a boil and simmer for few minutes.
5. Switch off the heat before stirring in miso (Ingredients E).
6. Add salt and pepper to taste.
7. Garnish with scallions and any addition pepper you may want.



INGREDIENT E

- 1 tbsp white miso

INGREDIENT F

- Salt and pepper to taste

GARNISH

- Scallions
- Ground pepper



Elderberry Syrup

Elderberries are one of the most commonly used medicinal plants on Earth, and they are also considered one of the most powerful for preventing viral infections. Data also shows that people who take elderberries have higher levels of antibodies available to support the immune system.

The elderberry is extremely high in antioxidants and contains some of the most effective antioxidants in the berry family as well.

INGREDIENTS

- 3½ cups filtered water
- ⅔ cup organic dried elderberries, or 1 cup frozen
- 1 tsp cinnamon
- ½ tsp ground cloves
- 1½ tbsp grated fresh ginger, preferably organic
- 1 cup raw honey

METHOD

1. Put all ingredients except the honey into a medium saucepan and bring to a boil.
2. Cover and reduce heat; let it simmer for around 1 hour, or until the liquid has reduced by half.
3. Remove from heat and allow to cool until you can safely handle it.
4. Mash the mixture with a spoon.
5. Strain through a strainer and pour the liquid into a bowl.
6. Allow liquid to cool completely.
7. Add honey and stir until totally combined.
8. Pour liquid mixture into airtight and sterilized jar or bottle and store in the fridge.

Chicken Soup

You see, chicken soup is an excellent source of nourishment – especially when you are ill. It contains a wealth of vitamins and minerals, has anti-inflammatory properties, is great at improving the symptoms commonly associated with respiratory ailments, and is a means of balanced eating. Besides being nourishing, it is also easy on the stomach, making it a perfect meal-in-a-pot and saving you time on cleaning up.

INGREDIENTS A

- 1 tbsp olive oil
- 2 cups leeks, thinly sliced, white portion only
- 1 cup carrot slices (about a ¼ inch thick)
- 2 cloves garlic, mashed up

INGREDIENTS B

- 4 cups chicken broth (store-bought is fine)
- 1½ pounds cooked, shredded chicken (no skin and bones)
- 1 fresh sprig of rosemary (about 2 inches long)
- 1 tbsp lemon juice (fresh or bottled – fresh is always better)
- 3 cups of water

INGREDIENTS C

- 1 can cannellini beans, rinsed and drained (10-ounce can)
- 1 small punnet mushrooms, cleaned and sliced
- 2 cups fresh spinach or kale (or mixed), roughly chopped
- Salt to taste
- Freshly ground black pepper to taste
- 1 tbsp chopped fresh parsley to garnish



METHOD

1. Heat oil in a stockpot (medium heat).
2. Add the rest of Ingredients A.
3. Stir while cooking (about four minutes) until the vegetables are tender but not brown.
4. Add ingredients B
5. Bring the soup to the boil, reduce heat, and simmer for about five minutes. Remember to skim the top off occasionally.
6. Add the first two items from Ingredients C. Simmer for another five minutes.
7. Add the last items from Ingredients C, and season according to your taste.
8. Let the soup simmer for another three minutes - until the spinach/kale is tender.
9. Remove the rosemary. Ladle your soup into bowls and sprinkle with a pinch of chopped parsley.



Turmeric Pumpkin Chocolate Bread

INGREDIENTS A

- 1¼ cup pumpkin puree
- ¼ cup maple syrup
- ½ cup almond milk
- 3 tbsp coconut oil (melted)
- 1 tsp lemon juice
- ½ cup coconut sugar

INGREDIENTS B

- 1 tsp turmeric powder
- 2 cups oat flour
- 2 tbsp cocoa powder
- 2½ tsp baking powder
- ⅓ tsp baking soda
- ¼ tsp salt
- 3 tsp cinnamon

INGREDIENTS C

- ½ cup chocolate chips
- 3⅓ tbsp cocoa powder
- ½ tsp vanilla extract
- 2⅓ tbsp warm water

METHOD

1. Pre-heat the oven to 365 degrees F.
2. In a large bowl mix together Ingredients A wet ingredients - pumpkin, maple syrup, milk, coconut oil, lemon juice, and sugar, until the sugar has dissolved. If the coconut sugar does not dissolve, add a little warm water.
3. In another large bowl, combine Ingredients B, dry ingredients - turmeric, flour, cocoa, baking powder, baking soda, salt, and cinnamon.
4. Pour the wet mixture into the dry and mix well. The mixture should be thick, like muffin batter. If it is too thin, add some more oat flour.
5. To a clean bowl, add Ingredients C, the cocoa powder, vanilla extract, and water. Mix together, and then swirl it in with other dough along with chocolate chips.
6. Take a 8.5 by 4.5 inch or 9 by 5 loaf pan and pour in the batter nice and evenly.
7. Sprinkle additional chocolate chips on top of the batter.
8. Bake for 1 hour or until a toothpick comes out clean.
9. Serve immediately or store, once cooled, for 4 days in the fridge.

Beet Soup

It's vital to detox and keep your body clean. The less toxins and irritants that your body has, the less the immune system will be agitated and reactive.

When your immune system is activated, it's also important to have a strong detoxification circuit to help the immune system clean up the leftover toxins and prevent die-off reactions.

This colorful soup is packed with amazing detoxifying ingredients to help support the immune system.

The partially raw version of this recipe is for a more powerful detox, while the cooked version provides a more gentle detoxification. We recommend you start with the cooked version first.

Partially Raw Version

INGREDIENTS A

- 1 red onion, cubed
- 1 large carrot, cubed
- 2 medium-sized celery stalks, cubed
- 1 red or yellow bell pepper, cubed
- 3 medium-sized red potatoes, cubed

INGREDIENTS B

- 1 bunch beet greens, chopped
- 1 beet root, cubed
- ½ cup presoaked nuts
- 1 clove garlic
- ½ tsp. ginger, chopped
- 2 tbsp. olive oil or grape seed oil
- Mushroom extract to taste
- 1 tsp. whole-milk yogurt or cashew cream

CASHEW CREAM (OPTIONAL)

- 1 cup hot water
- ½ cup raw cashews
- 1 tbsp. pine nuts



METHOD

1. Add Ingredients A to a stockpot. Boil enough water to cover the vegetables plus 2 inches and add the onion, carrot, celery, bell pepper, potato. Turn down to medium heat and simmer for 30 minutes. Remove the pot from the heat and let it sit for 15 minutes.
2. Pour the contents of the pot into a blender. Add the beet greens, beet root, nuts, garlic, ginger, oil, and mushroom extract (Ingredients B). Blend on a low speed (does not need to be smooth). Add whole-milk yogurt or cashew cream before serving.
3. Cashew Cream: In a blender, put the hot water, raw cashews, pine nuts. Blend until smooth. Store in glass jar. Can keep 3-4 days in refrigerator.

Cooked Version

INGREDIENTS A

- 1 red onion, cubed
- 1 large carrot, cubed
- 2 medium-sized celery stalks, cubed
- 1 red or yellow bell pepper, cubed
- 3 medium-sized red potatoes, cubed
- 1 beet root, cubed

INGREDIENTS B

- 1 bunch beet greens, chopped
- ½ cup presoaked nuts
- 1 clove garlic
- ½ tsp. ginger, chopped
- 2 tbsp. olive oil or grape seed oil
- Mushroom extract to taste
- 1 tsp. whole-milk yogurt or cashew cream

CASHEW CREAM (OPTIONAL)

- 1 cup hot water
- ½ cup raw cashews
- 1 tbsp. pine nuts

METHOD

1. Add Ingredients A to a stockpot. Add enough water to cover the onion, carrot, celery, bell pepper, potato, and beet cubes plus 2 inches and bring them to a boil. Lower to medium heat and simmer for 30 minutes.
2. Add in beet greens, nuts, garlic, and ginger. Cook for 5 minutes, then immediately turn off the heat.
3. Pour the contents of the pot into a blender. Add the oil, and mushroom extract. Blend on a low speed (does not need to be smooth). Add whole-milk yogurt or cashew cream before serving.



Notes

1. For people with diabetes, use natural whole-milk yogurt. Add more beet greens and mixed green lettuce into the raw version.
2. For people with allergies or cancer, substitute sea salt for the mushroom extract and use cashew cream instead of yogurt.
3. For weight loss, do not be afraid of the oil. The oil helps maintain satiety and prevents you from getting hungry until the next meal.



Summer Asparagus Salad with Barley and Dates

Asparagus is packed with Vitamin E and C. Vitamin E and C work together to detoxify your body. These antioxidants protect your cells from free radical damage. Vitamin E also helps strengthen your immune system, so you can fight off viruses and bacteria.

Asparagus also contains asparagine, a natural diuretic that helps your body get rid of extra toxins and salts.

INGREDIENT A

- 1 bunch (18 large) asparagus stalks

INGREDIENTS B

- 2 cups of barley, cooked according to the instructions on the packet
- 5 Medjool dates, pitted and chopped
- 1 cup of walnuts, roughly chopped
- 1 tbsp mint leaves, finely chopped or minced
- 1 tbsp lemon zest

INGREDIENTS C

- $\frac{3}{4}$ cup olive oil
- 3 tbsp lemon juice
- 2 tbsp mint leaves
- 1 tsp salt
- 1 tsp ground pepper

METHOD

1. Add water to a large frying pan and bring to the boil. While waiting for the water to boil, trim the asparagus stalks, then add them to the boiling water and stir. After 2 minutes, take the asparagus out.
2. Once the asparagus have cooled, cut them into bite-sized pieces (approximately one-inch in length).
3. In a large bowl, combine the chopped asparagus with Ingredients B and lightly toss. Keep the mixture in the refrigerator until ready to serve.
4. Combine Ingredients C in a small bowl and stir well.
5. Pour Ingredients C on top of ingredients A and B and serve.



Cauliflower and Chickpea Rice Bowl

Chickpeas, also known as garbanzo beans, these little guys are packed with nutrients. Like other legumes, such as beans, peas, and lentils, chickpeas are high in fiber and protein and contain several key vitamins and minerals such as iron, phosphate, calcium, magnesium, manganese, zinc and vitamin K.

Cauliflower Rice

INGREDIENT A

- 1 small head cauliflower

INGREDIENTS B

- 1 tsp oil
- ½ a small onion, finely diced
- Salt, a pinch

INGREDIENTS C

- 1 tsp tumeric
- A dash of Cayenne

INGREDIENT D

- Dash of Lemon or lime juice

Spiced Chickpeas and Carrots

INGREDIENTS E

- ½ tsp oil
- 1 15 oz can of chickpeas
- 1 tsp ground cumin,
- 1 tsp coriander
- ¼ tsp cayenne
- ½ tsp paprika
- ½ tsp garlic powder
- ¼ tsp cinnamon
- Pinch of salt

INGREDIENTS F

- ¾ cup carrots, sliced
- 2 tbsp water

INGREDIENT G

- Lemon or lime juice, to taste

Hummus and Sauce

INGREDIENTS H

- 1 can chickpeas, drained (save the liquid)
- 1 tbsp tahini
- ¼ tsp salt
- 2 cloves roasted garlic
- 2 tsp olive oil
- ½ tsp cumin
- ¼ tsp paprika
- 1 tbsp lemon juice
- ¼ tsp black pepper

Final Ensemble

- Baby spinach or another type of preferred Greens

Method

CAULIFLOWER RICE PREPARATION

1. Process the cauliflower (Ingredient A) in a food processor for a few seconds. It can also be grated.
2. Heat 1 tsp oil in a pan over medium heat. Add Ingredients B and saute until they are translucent.
3. Mix in Ingredients C.
4. Add the grated cauliflower (Ingredient A) to the pan, cover and cook the mixture for 4 to 6 minutes.
5. Add a dash of lemon or lime (Ingredient D) and then fluff the mixture as you would fluff rice. Recover the pan until the next portion of the recipe is completed.

SPICED CHICKPEAS AND CARROTS PREPARATION

1. Heat 1/2 tsp oil in a pan over medium heat.
2. Add Ingredients E. Mix and then cook for one minute.
3. Add Ingredients F. Cover and cook for 5 to 7 minutes.
4. Add lemon or lime (Ingredient G) to taste.



HUMMUS AND SAUCE PREPARATION

1. Mix the Ingredients H in a food processor until the chickpeas reach a smooth consistency.
2. Taste and adjust the salt and lemon if needed.
3. Add another 1/4 tsp black pepper.
4. Split the batch in half, and add the reserved water from the can of chickpeas to make 1/2 a thinner consistency for the sauce.

FINAL ENSEMBLE

1. Add your chosen layer of greens on the bottom of the bowl
2. Add the spiced chickpeas, turmeric cauliflower rice and black pepper hummus on top of the greens.
3. Drizzle the thinned hummus on top. **Optional:** add chopped veggies like tomatoes and cucumbers to the combo and serve with some warmed pita. Enjoy!

Serves 2



Fire Cider

A popular herbal remedy, the fire cider recipe has been used as a preventive tonic and to address various health conditions for generations. Fire cider is produced by steeping herbs like ginger and garlic in apple cider vinegar.

Used since ancient times, apple cider vinegar has proven health benefits. The acetic acid, probiotics, potassium, and magnesium in apple cider vinegar promote immune health, improve digestion, aid healthy weight loss, lower blood pressure, and maintain healthy gut flora.

INGREDIENTS A

- 1/2 cup grated ginger root
- 1 medium onion chopped
- 1/2 cup grated horseradish root
- 10 cloves garlic, crushed or chopped
- 2 Jalapeno peppers chopped
- Lemon juice (from one lemon)
- Lemon peel (from one lemon)
- 1 tbsp turmeric powder
- 2 tbsp dried rosemary leaves
- 1/4 tsp cayenne powder

INGREDIENT C

- 1/4 cup raw local honey

INGREDIENT B

- 1 bottle apple cider vinegar

METHOD

1. Place ingredients A, the chopped and grated roots, herbs and fruits in a quart-sized jar.
2. Fill the jar with ingredient B, i.e. apple cider vinegar. The vinegar should cover all ingredients.
3. Ensure no air bubbles are formed.
4. Covering the jar with either natural parchment paper or a plastic lid and shake so that the ingredients are all mixed well.
5. Store in a cool, dark place for one month.
6. Shake the jar every day.
7. After a month, strain the pulp through cheesecloth. Squeeze the cheesecloth well and pour the vinegar into another jar that is clean for storing.
8. Add ingredient C, honey, to the vinegar and stir well. The quantity of honey can be adjusted to suit your taste.

Spiced-up Pumpkin Latte

The spices in this recipe pack a punch!

Cinnamon was once worth more than gold, and it truly is nothing short of miraculous. With its antifungal, antibacterial and antiviral properties cinnamon is a great spice to add to your morning beverage.

Black pepper can help improve digestion, relieve a cough and cold symptoms and treat skin problems. On top of that, it has been proven that consuming black pepper with curcumin increases the bioavailability of the turmeric

Nutmeg is great to eliminate fatigue and reduce stress.

INGREDIENTS A

- ¼ to ½ tsp turmeric
- ½ tsp or more of pumpkin pie spice (or to make your own version use ⅓ tsp cinnamon, ¼ tsp ginger, a pinch of nutmeg, a pinch of all-spice)
- a pinch of black pepper

INGREDIENTS B

- 1 tbsp pumpkin puree
- 1½ cups of the milk of your choice, we prefer non-dairy.
- 1½ tsp or more sweetener of choice, honey is a magnificent choice!
- ¼ cup water

OPTIONAL

- Turmeric, pumpkin pie spice or cinnamon for taste as garnish
- Whipped non-dairy cream



METHOD

1. Bring the water and Ingredients A to a boil and let the mixture simmer for a minute.
2. Blend Ingredients B together until frothy.
3. Add this combination to the Ingredients A water mixture and bring it to just a bit a boil.
4. Pour the pumpkin spice latte into mugs, and if you choose, go to add Optional items!
5. Add whipped nondairy on top
6. Sprinkle pinches of turmeric and pumpkin pie spice and enjoy!



Breakfast Avocado Toast

Avocados and olive oil in this recipe are also packed with healthy fats to support the immune system and reduce inflammation.

Eggs are nutritious as well. Egg yolks are high in zinc and selenium, both vital minerals in supporting the immune system.

INGREDIENTS A

- 2 slices of whole grain bread
- Extra virgin olive oil

INGREDIENT B

- 2 organic eggs, poached

INGREDIENTS C

- 1 avocado, peeled with the pit removed
- 2 tbsp chopped fresh cilantro
- Juice of ½ lime
- Salt
- Pepper

METHOD

1. Brush olive oil on the bread and toast until golden brown.
2. In a bowl, mash the avocado and mix with Ingredients C.
3. Spread the avocado mixture on each slice of toast and top with eggs.

Tuna Salad

Simple yet effective immune booster.

Tuna is an excellent source of omega-3 fatty acids. Omega 3 fatty acids help to reduce inflammation and boost the immune system.

Our recipe adds in some parsley as well which is loaded with antioxidants, helps fight inflammation, and great for detoxing.

INGREDIENTS A

- ½ red onion, peeled
- 14 ounces white beans (canned or dried)
- 7 ounces organic corn (canned or fresh)
- 7 ounces canned tuna (preferably in olive oil)
- One small bunch flat-leaf parsley

FOR FLAVOR

- 4 tbsp olive oil
- Balsamic vinegar (around 3 tbsp)
- A good pinch of salt
- A bit of black pepper

METHOD

1. Slice the red onion, julienne style, and add it into a bowl with the balsamic vinegar.
2. Rinse the beans in a colander over the sink, in some cold water. Be sure to shake off any excess water. Add the beans to the bowl.
3. Place the corn in a colander and drain. Add to the mixing bowl.
4. Open the tuna and drain the oil (you could drain this into your cat or dog food bowl, if applicable) and add it to the salad. Alternatively, replace some of the olive oil in the recipe with oil from the tuna can.
5. Finely chop the parsley.
6. Add the parsley, olive oil, salt, and pepper to the bowl. Thoroughly mix everything and sample your healthy tuna salad.
7. If you think it needs more seasoning, try balancing the oil, balsamic, and pepper before serving.





Coconut Steel-Cut Oats Porridge

Coconut is a great source of healthy fats and oils. So are chia and pumpkin seeds. Honey is fantastic for immune support and has antiviral and antibacterial properties. Strawberries are a delicious addition and packed with nutrition and antioxidants.

INGREDIENT A

- ½ cup steel cut oats
- ½ tsp coconut oil

INGREDIENTS B

- 1 cup almond or soy milk
- 1½ cups water

INGREDIENTS C

- 1 tbsp grated coconut
- ½ tsp turmeric
- 1 tsp cinnamon
- 2 tbsp honey

TOPPINGS

- Sliced strawberries
- Pinch of cinnamon
- 1 tsp chia seeds
- 1 tbsp pumpkin seeds

METHOD

1. Using a medium-size saucepan, heat the coconut oil over a medium heat.
2. Add the steel cut oats and cook for about 2 minutes or until you can smell the coconut oats mixture.
3. Add all Ingredients B and mix well.
4. Once boiling, reduce the flame to medium-low.
5. Continue to stir the oats for about 10 minutes.
6. Add all Ingredients C and cook for a further 5 minutes.
7. Cook for longer if you want very soft oats or for a shorter time if you want crunchy oats.
8. There might be some extra liquid in the saucepan. The oats keep absorbing liquid while the porridge rests. Cook for a few minutes longer or let it cool for 10-15 minutes to thicken.
9. Sprinkle your Coconut & Turmeric Steel Cut Oats Porridge with any (or all) of the ingredients under the "Toppings" list.
10. Serve warm or cold.
11. Keeps in the refrigerator for up to 3 days.

Nooch Popcorn

Try this mouthwatering take on popcorn

Several of the compounds contained in nutritional yeast are beneficial in strengthening your immune system. Beta 1,3 glucan, trehalose, mannan, and glutathione help improve your cholesterol levels, reduce your risk of cancer, and boost your immune system.

In Germany, nutritional yeast is frequently used because of these antiviral and antibacterial properties.

INGREDIENTS

- ½ cup white popcorn (will yield about 16 cups, depending on how well it pops)
- 2 tablespoons of olive oil, rice bran oil, or grape-seed oil

TOPPINGS

- ¼ cup nutritional yeast, flakes, granules, or powder
- ½ teaspoon salt or to taste
- ¼ to ½ teaspoon spices to taste. You might try chipotle powder, paprika, garlic powder, onion powder, or others

METHOD

1. Mix topping ingredients together in a small bowl, then set it aside.
2. Pour the oil of your choice in a medium stock pot with lid. Heat it over medium-high heat.
3. Once the oil is hot, add the popcorn and cover. As it is popping, shake the pot occasionally to be sure all the kernels are covered with the oil. When the popping slows to about 3 seconds between pops after roughly three minutes, remove from heat. An air popper or microwave can also be used to pop the popcorn.
4. Pour the popcorn into a large bowl and sprinkle with the toppings. Be sure to mix well to spread the spices evenly.
5. You can serve the popcorn hot or place in a covered bowl to serve later.



About DrLamCoaching.com

DrLamCoaching.com is a free public educational website offering cutting edge information on natural medicine. Founded in 2001 by Michael Lam, MD, nutritional medicine expert and board certified anti-aging medicine specialist, the site features the world's most comprehensive scientific, evidenced-based information on Adrenal Fatigue Syndrome.

Dr. Lam's mission is to educate and empower others to take control of their health. You can ask questions about your health concerns online. Because of his willingness to answer specific questions, Dr. Lam has helped legions of individuals learn how to use safe, effective and clinically proven natural protocols for self-healing. This educational service is provided free.

Other resources on the website include:

- Quick 3 minute Adrenal Fatigue Test to assess your adrenal function.
- Our free adrenal fatigue newsletter to keep you up to date on the latest AFS research. Get the latest information presented in easy-to-understand language.
- Hundreds of cutting-edge original special reports and videos by Dr. Lam on everything related to Adrenal Fatigue Syndrome.
- An extensive and archive-rich library of answers to questions previously asked by others that are certain to help you in your recovery from Adrenal Fatigue Syndrome.
- Over 30 conditioned-based health centers with specific clinically proven natural protocols ranging from heart health to cancer.
- Dr. Lam offers a worldwide, telephone-based, one-on-one, nutritional coaching service. Personalizing the natural principles discussed in this book, his coaching service has successfully helped countless Adrenal Fatigue Syndrome sufferers recover and reclaim their vitality.

For more information, visit DrLamCoaching.com

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