



Immune Boosting Recipes



Hello, my wellness warrior!

Welcome to the Immune Boosting Recipes Book. I am so excited that you are joining me for this adventure! You're in the right place if you want to support your immune system and hit the reset button on your health and unlock the secret to feeling fabulous every day!

My name is Angie Spuzak, and I am a certified holistic nutrition consultant and a natural chef. One of my jobs is to help people reclaim their natural energy and revitalize body, mind, and spirit. Does that sound like something you've been hoping for?

If you are anything like I used to be, you are endlessly searching for natural ways to support your body's systems. You're tired of feeling lethargic, sluggish and dependent on any source of caffeine you can get your hands on. Oh, sister, I feel your pain!

My own health history includes a prolonged journey to achieving optimal health. Not too long ago, my health was free falling worse than Tom Petty's love life. I experienced countless health issues from childhood into adulthood, and I remember asking myself if my life would ever be different – if I would ever not cower over in pain from digestive issues, if I would ever be able to cut out the caffeinated junk and feel naturally energetic, if I would EVER experience a peaceful night's sleep and wake up ready to tackle the day.

Then, a miracle occurred in my life and I was introduced to the idea of holistic health. I had that ah-ha moment where I realized that my health problems were the byproduct of a shoddy digestive system. Since that moment, I've worked to turn my health around. I went on a pursuit of ultimate health and immersed myself in all of the tools that could mend my body from the inside out. Now, I help other women do the same.

In this book I want to show you that supporting your immune system is easy and enjoyable!

Let's get this party started!

To your health,
Angie Spuzak, NC

Welcome to the Immunity Boosting Recipes Book

I understand that you want to do all that you can to keep colds and flu out of your home and be healthy. By building up yours and your family's immune system, you will fight off the germs that can make you ill.

Eating a diet loaded with healthy whole foods can help boost your immune system, helping you to fight off colds, viruses and flu BEFORE they strike or just keeping us feeling our best.

Choosing foods to boost your immunity is very easy. There are so many foods that boost immunity that you don't have to eat just lemons and oranges.

To ensure that your immune system is working at it best you need to eat a lot of fresh fruits and vegetables, lean protein like red meat and seafood; nuts and seeds, lots of spices like turmeric, ginger; and fermented food.

In this cookbook, I've included some necessary information on the immune system, which includes easy ways to boost it and which foods are best to include in your diet to help you feel at your optimum level.

Another way to help reduce your risk of illness is to incorporate regular exercise into your schedule as well as lots of self-care, which can mean a walk in nature, hot bath, yoga, mediation, etc. I hope you love the delicious meal ideas plus immunity-boosting tips I've included in this cookbook, to help you and your family feel healthier and more energized.

Contributors to Weak Immune System

The immune system is an extremely complex system that is in constant regulation with hormones, external stressors, neurotransmitters, nutritional input, and much more. If our immune systems are low in their function, this results in frequent infections and even chronic conditions.

1. GUT BACTERIA

80 % of our immune system lives in the gut! Our gut bacteria make-up is developed when we're conceived; we inherit similar gut bacteria environments to our parents. The balance between "good" and "bad" bacteria is what determines whether we're more susceptible to a lower immunity or not.

2. EARLY CHILDHOOD

Several factors from early childhood can determine your immunity levels when you're an adult. Premature babies can be at a higher risk for lower immunity. Breastfed babies have more antibodies passed through their mother's milk, which can increase protection. If children are permitted to play outside and get grubby in the dirt, this can also make their immune systems more robust and the bacteria in their gut more diverse.

3. STRESS

As adults, other things can influence immunity. The main one is stress. Chronic low-grade stress will release hormones in our bodies that encourage inflammation, using up nutrients to respond to the stress. These nutrients would typically be used for wound healing or attacking a virus. If they're depleted, dealing with stress, our immunity levels are lower.

4. DIET

Eating too many simple carbohydrates and sugar, as well as drinking too much alcohol, will negatively affect immune function. If someone doesn't eat enough protein or is deficient in specific nutrients, they may have issues with fighting infections.

How to Boost Immunity

Think of the inside of your gut as a garden full of diverse, colorful flowers, fertile soil, and lots of flora and fauna.

Eating a wide range of foods will help keep your gut bacteria diverse and healthy. Making sure that the gut is healthy is a priority because poor gut health is usually the root cause of chronic low immunity. We are not only what we eat but also how we digest and assimilate the food.

What we put into our body will, therefore, feed our gut garden. If we feed it lots of processed food and sugar, the weeds love it and will overtake the lovely flowers. The harmful bacteria will take over, and it will send messages to our brains, causing cravings – but you can weed them out and fertilize the good plants.

The number one thing you can do to boost your immune system is to remove sugar and processed foods from your diet and replace it with nutrient-dense real foods, bursting with antioxidants and beneficial bacteria.

Here are Some Other Ways you Can Boost your Immune System

1. EAT FOODS HIGH IN VITAMIN C

Foods packed full of vitamin C, and zinc is excellent for acute immune help. Think oranges, lemons, alama powder, red pepper, papaya, ginger, black pepper, camu camu powder, seafood, and nuts.

2. CONSUME PREBIOTIC FOODS

Prebiotic foods help feed the good bacteria, so include raw onion, asparagus, leek, raw garlic, dandelion, Jerusalem artichokes, chicory root, and products that include inulin.

3. CONSUME PROBIOTIC FOODS

Probiotic foods help make our gut garden more diverse. A little bit every day can go a long way to varying our internal bacteria. Choose pot set yogurt, kimchi, kefir, miso, kombucha, natto, sauerkraut, tempeh, and any other fermented foods or drinks.

4. INCORPORATE HERBS INTO YOUR DIET

Herbs are bursting with properties that support and increase immunity. The easiest way to include them in your day is through teas, but herbal tonics or supplements are a fabulous option. The best herbs for immunity-boosting teas are echinacea, elderberry, reishi, turmeric, ginger, and lemon myrtle as well as culinary spices such as rosemary, thyme, basil, oregano, chilies, cilantro, parsley.

5. SLEEP

Sleep is another thing we need to increase our immunity. Our body needs to rest to heal and repair. Not getting adequate sleep is a significant obstacle to healing.

6. REDUCE STRESS

Learning to reduce stress is a big thing you can do to help support immunity. Psychological stress affects our immune system, so explore ways you can manage this better. Do you need to adjust your work hours or ask for more help around the house? Find ways to make your life joyful instead of a tiring task.

Practicing mindfulness and exercising regularly are other effortless but enormously impactful ways we can manage stress.

7. REDUCE TOXINS

Quitting smoking, reducing alcohol, cutting down on sugar intake, using non-toxics cosmetic, makeup, and cleaning supplies are essential things to do to “weed the garden.”

Foods That Support your Immune System

All real, whole, non-processed foods can help to enhance our immune system, but some stand out as being extra good at this process. Here are our top 10 immune-boosting foods:

CITRUS

▀ Lemon, orange, grapefruit, lime, mandarines. They are full of vitamins and antioxidants!

BERRIES

▀ Blueberries, blackberries, strawberries, raspberries – the darker and redder, the better!

PROTEIN

▀ Good quality, meat, fish, and eggs. They contain necessary amino acids that help with detoxification and Omega'3 fatty acid, which help fight inflammation.

FERMENTED FOODS

▀ Kombucha, tempeh, sauerkraut, miso, kefir, yogurt and more.

HERBS AND SPICES

▀ Garlic, ginger, thyme, turmeric, rosemary, cayenne pepper, basil, oregano, lemongrass, and lemon myrtle.

NUTS AND SEEDS

▀ Brazil nuts, hemp seeds, flax seeds, walnuts, chia seeds

SEAFOOD

▀ Oysters, salmon, tuna, and sardines.

VEGETABLES

▀ Sweet potato, tomato, dark leafy green vegetables, medicinal mushrooms, peppers,

NUTRIENTS SPECIFIC FOR IMMUNE HEALTH

The nutrients that are specific for immune health are vitamin A, vitamin C, vitamin D, the B vitamins, vitamin E, zinc, beta carotene, omega fatty acids, selenium, prebiotics, probiotics, bromelain, papain, flavonoids, and iron.

Ingredients For The Ultimate Immune Supportive Green Smoothie

Making a smoothie might seem pretty basic, but there are countless options to choose from. Here are five choices you'll need to make:

1. **Choose the liquid** – water, coconut water, or dairy-free milk
2. **Choose the greens** – kale, spinach, parsley, Swiss chard, collards, or lettuce
3. **Choose the fruit** – green apple, berries, pomegranate, etc. You can also leave out the fruit if you want to reduce your sugar intake.
4. **Choose the fat/protein** – hemp seeds, hemp, pea or collagen protein, coconut oil, nut butters, avocado, coconut oil, flax, or chia seeds
5. **Choose the superfood** – maca, raw cacao, bee pollen, shredded coconut, goji berries, alma powder, camu camu, medicinal mushrooms powder, spirulina. Superfoods are very high in antioxidants and vitamins!

Immune Boosting Smoothie Making Tips

Since I drink smoothies on a daily basis, I also have a strategy for making it happen.

Here's what I recommend for you:

- Decide which smoothies you want for a few days, and then create your shopping list and buy the ingredients for a few days' worth of smoothies.
- If the morning is chilly, add warming spices to your smoothie to warm your digestion. If you are a cool-bodied person by nature, you can add warming spices to your smoothie to improve digestion and nutrient assimilation. Try using cinnamon, nutmeg, ginger, turmeric, or cayenne. I suggest starting with a dash and then increasing to 1/2 teaspoon.
- If you are a warm-bodied person by nature, you can add in cooling spices, such as mint, cilantro, or cardamom.

If you cannot tolerate higher glycemic smoothies, exchange the banana for an avocado.

- Invest in Mason jars or other BPA-free plastic containers to drink your smoothie in.
- For an extra boost of protein in the morning, feel free to add protein powder, such as pea protein, hemp protein, or other protein powder. You can also add grass-fed Collagen powder, collagen protein.

Immune Boosting Smoothie



- ½ avocado, pitted
- ½ medium banana
- 2 kale leaves
- ¼ cup of basil
- 2 tablespoon cacao powder, unsweetened
- 2 tablespoon hemp seeds
- 1 tablespoon of moringa powder
- 1 teaspoon spirulina
- 1 tablespoon mama powder
- 2 dates
- 1 cup coconut milk, unsweetened

Place all ingredients into blender. Process at high speed until well combined. You may want to add some water if you like it.

Mint pineapple and nettle infusion smoothie



Nettle infusion

Steep 1 ½ cup of dried nettle, ¼ cup of lemon balm, ¼ cup of dried hibiscus in 2 liters of hot water for at least 8 hours. Strain the herbs and warm them up. You are welcome to add some honey or maple syrup if you want to it. You can also add any spice you want along with lemon or lime juice.

Tips:

Steep the nettles only in hot water. Do not boil because boiling will reduce enzymes and vitamins. Cover the pot with a plate while you are steeping to protect volatile oils in the plants. You can add any other herbs you like, like dandelion, clover, mint or birch for more health properties. You can add any spices you like to the infusion.

1 cup nettle infusion

1 cup coconut milk

1 cup pineapple

1 cup romaine

½ avocado

¼ cup coconut flakes

2 tablespoons hemp seeds

2 tablespoons chopped mint

juice from

1 lime

pinch of salt

stevia to taste if you need it.

Put everything in the blender and blend it u

Immune Boosting Carrot Juice



4 carrots
1 apple
1 orange
2 inches of ginger
2 lemons
1 inch of fresh turmeric
pinch of black pepper

Juice all the ingredients and drink it right away.

Beet Juice



- 1 small beetroot
- 8 celery stalks
- 4 large kale leaves
- 1 medium green apple
- 1 medium carrot
- Small bunch of dandelion greens
- 2 inches of ginger
- 1 inch of fresh turmeric
- 1 lemon
- Small clove of garlic (optional)
- Small handful of parsley

Juice all the ingredients.

Ginger Turmeric shoot



1 orange (add 1-2 more oranges for added sweetness /omit and add another lemon for less sweetness!)

2 lemons (add 1-2 more lemons for more acidity reduce by half and add another orange or less acidity!)

1/4 cup chopped fresh turmeric (peeling optional)

1/4 cup chopped fresh ginger (peeling optional)

1/8 tsp fresh black pepper

1/4 tsp oil (such as extra virgin, or MCT oil, optional to help improve turmeric absorption)

Juice all the ingredients.

Beet Kavas



4 liters of filtered water (do not use fluoridated or tap water)

1 1/4 tablespoon sea salt

4 medium beets, chopped and pilled

2 limes with rind, quartered

Place all the ingredients in the large clean jar and stir it to dissolve the salt. Weight the food down. Cover the jar with a cheesecloth or you can place an airlock over it.

We want to make sure that the gas will be able to escape the jar. Keep in room temperature in a dark space like inside of the cabinet at 60-64F for 4 to 5 days. Strain, then transfer to airlock bottles for a week. Keep it in a cooler place (38 to 40F) for a week or so. For extra carbonation, you can leave it out for a few hours at room temperature. I like to chill it before serving.

Lemon Ginger Tonic



2 fresh lemons (~1/2 cup) – (with the skin or not, cut into large chunks)

1/2 cup fresh ginger – (peeled, cut into chunks)

1/2 cup fresh garlic cloves – (peeled)

1/2 cup raw honey – organic

1/2 tsp. cinnamon

1 inch fresh turmeric

Add all ingredients roughly chopped in a blender, pulsing for a few seconds until everything turns into a paste.

Immune syrup



3 blood orange

1 garlic bulb

1 onion

1 cup dries elderberries

1 cup fresh ginger – (peeled, cut into chunks)

2 lemons

1 tbsp. fresh thyme

1/2 cup fresh turmeric

1/2 cup horse radish root

1/2 cup raw honey – organic

1/2 tsp. cinnamon

1 jalapeno

Infuse ACV with herbs. Infuse for 4 weeks shake daily to promote the maceration.

Sage Infusion for Sore Throat



1 glass of WARM infusion of sage (pour 1 cup of boiling water over two tablespoons of fresh or 1 tablespoon of dried sage leaves. Cover and steep for 10-15 minutes and strain).

1 teaspoon of salt

1 teaspoon apple cider vinegar

Optional 20-30 drops of propolis – it is not an essential ingredient, but it strengthens the antibacterial and antiviral effect.

It depends on the condition of your throat. When the throat hurts a little, then it can be used in the morning and evening. In the event of a serious infection at least three times a day, but can also be 5-6 times a day (say every 2-3 hours) to get rid of pathogenic bacteria as soon as possible.

Dandelion and Chicory Root Latte



- 1 ½ cup full-fat coconut milk
- 1 tablespoon coconut oil
- 1 tablespoon Maca powder
- 1 teaspoon ground Chaga mushrooms
- ½ tablespoon ground dandelion root
- ½ tablespoon chicory root powder
- 1 date or stevia
- 1/8 teaspoon turmeric
- ½ teaspoon cinnamon
- Dash of cardamom
- Pinch of black pepper

Heat the water and cook the dandelion root and chicory root for 10 minutes. Strain the root into a blender. Heat the coconut milk and put it in a high-speed blender. Add the steeped tea and remaining ingredients and blend.

Superfood Immunity Salad



1 kale chopped
2 oranges
1/2 cup pomegranate seeds
1/2 cup raw hemp seeds
1/2 cup walnut pieces
1 avocado

1 red bell pepper
5 dates, pitted and diced

For the Dressing:

1/4 cup extra virgin olive oil
1/2 cup packed cilantro
1/2 tsp sea salt
1/2 tsp black pepper
3 cloves garlic
2 tbsp white wine vinegar
juice of 1 lemon
1 tsp maple syrup

Place all the salad ingredients in a large bowl. Place all the dressing ingredients in a food processor or blender. Mix until smooth. Add dressing to salad and mix. Makes 4 dinner-sized portions or 8 sides.

Superfood Berry Salad

w/ Tahini Dressing



- 4 cups spring mix or spinach
- 1/2 cup blueberries
- 1/2 cup strawberries
- 1 avocado, diced
- 8 cherry tomatoes, cut in half
- 1 tablespoon of hemp seeds
- 1/4 cup pomegranate seeds
- 2 tablespoons sesame seeds
- Dulse sprinkle

Add your mixed greens to a bowl. Chop your vegetables and add to the bowl. Add the avocado, tomatoes, hems seeds, and berries and toss with dressing (recipe below). Garnish the salad with sesame seeds and dulse sprinkle.

Dressing:

- 1/2 grapefruit, juiced
- 3 tablespoons tahini
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Add the grapefruit juice, tahini, garlic, salt and pepper to a small bowl. Mix thoroughly and set to the side.

Kale salad



1 bunch kale, chopped
1 large lemon, juiced
1 large garlic clove, minced
¼ cup extra virgin olive oil
sea salt and black pepper to taste
1 cup shredded carrots
1 cup chopped celery
½ cup thinly sliced fennel
¼ cup pine nuts

Add kale to a large mixing bowl along with lemon juice, garlic, olive oil, salt, and pepper. Using clean, bare hands, massage the kale until it is wilted (about 2 to 3 minutes). Once the kale is ready, top your salad with carrots, celery, fennel, and pine nuts. No extra dressing is needed.

Vegetable Broth



- 3 unpeeled organic carrots, cut into thirds
- 2 unpeeled medium organic yellow onion, cut into chunks
- 1 unpeeled parsnip
- 1 peeled celery root
- 1 organic leek both whole, rinsed well, cut into thirds
- 1/2 bunch organic celery including the heart, cut into thirds
- 1 unpeeled organic garlic
- 1/2 medium green cabbage
- 1/2 bunch fresh flat-leaf organic parsley
- 1 organic yam with skin on quartered
- 3 8- inch strip of kombu (sea vegetables)
- 4 bay leaf
- 4 inches unpeeled ginger
- 2 strings of rosemary
- 1/2 lbs. shitake mushrooms
- 2 strings of thyme
- 1/2 cup dried nettle leaves
- 15 black peppercorns
- 8-inch burdock root
- 5 whole allspice or juniper berries
- Celtic salt to taste
- 1 lemon
- 1 tablespoon apple cider vinegar

Scrub and rinse all vegetables well. Rinse the remaining vegetables well, including the kombu. Put all ingredients in the large pot, except the salt. Fill with water to 2 inches below the rim of the pot. Cover and bring to a boil. Reduce to low and simmer, uncovered, for 3 hours. Simmer until the full richness of the vegetables can be tasted. Add salt and stir. Right on end add two tablespoons of freshly squeezed lemon juice or 1 tablespoon of Apple Cider Vinegar. Strain the stock and bring to room temperature. Refrigerate or freeze.

Bone Broth



3 pounds (or more) of bones from a healthy source – grass feed

Bones from 1 roasted chicken

8 chicken feet for extra gelatin (optional)

1 onion

2 carrots

2 stalks of celery

2 tablespoons Apple Cider Vinegar

1 bunch of parsley

1 kale

1 tablespoon or more of sea salt

1 teaspoon peppercorns, additional herbs or spices to taste

2 cloves of garlic

2 sheets of kelp

1 lbs. shiitake mushrooms 6 oz. turmeric

4 oz. ginger

1 lemon

2 oz. rosemary

2 oz. thyme

To improve the flavor to roast the bones in the oven first for 30 minutes at 350. Put the bones in a large stock pot. Use 5 gallon pot. Pour (filtered) water over the bones and add the apple cider vinegar. Let sit for 30 minutes in the cool water. The acid helps make the nutrients in the bones more available. Add kelp, and salt, pepper. Bring the broth to a boil. Once it has reached a boil, reduce to a simmer and simmer for 48 h. During the first couple of hours of simmering, you need to remove the impurities that float to the surface. You can scoop off with a big spoon and throw it away. During the last 10 hours of cooking, add the garlic, vegetables, mushrooms, ginger, turmeric and herbs. Remove from heat and let cool then strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, transfer bone broth to mason jars and keep it in the fridge for up to 7 days, or freeze for later use

Carrot Ginger Soup



4 cups chopped carrots
6 cups bone broth or water
1 medium onion, minced
1 garlic clove
2-inch nub ginger root, peeled and grated
Sea salt to taste
Juice from 1 lemon
Dash nutmeg
Pinch of cinnamon
1/2 cup coconut milk
Chopped fresh parsley, dill, or cilantro
Seeds

Put carrots, ginger, and onion in a pot with broth. Bring to boil then cover and reduce heat and simmer 20-25 minutes. Remove from heat and put everything in a blender or food processor to purée. Serve hot topped with fresh herbs.

Beet Soup



6 medium beets
1 ½ onion
½ stalk of celery
4 carrots
3 parsnips
1 celery root
3 T garlic powder
3 T onion powder
2 T dry marjoram
3 T dried basil
3 T dried dill
1 T black pepper
3 T apple cider vinegar
2 T avocado oil

Wash all vegetables. Cut all vegetables in small pieces. Brown onion with 2 T avocado oil. Add other vegetables. Add water. Add bullion. Cook for 4 h, 1 h before add all spices. 10 min before the soup is done add and 3 T apple cider vinegar. Strain all vegetables for a clear beet soup.

Slow Cooked Chicken Soup



- 1 whole chicken
- 2 Pacific chicken broths
- 2 cups carrots, chopped
- 3 celery stalks, chopped
- 2 cups medicinal mushrooms
- 2 tbsp apple cider vinegar
- 1 onion
- 1 leek
- 1 garlic bulb
- 1 tsp thyme
- 3 bay leaves
- 1 lemon
- 2 strips of astragalus
- 4 dashes salt & pepper
- 2 cups spinach
- 1 bunch of parsley

Place all ingredients, except spinach in slow cooker. Add chicken broth. Cover and cook on low for 3 hours. 10 minutes before serving add spinach and turn to high. Remove bones from chicken and chop it and serve as soup, or strain and serve as broth. Chop parsley and add to the soup.

Medicinal Mushrooms Soup



2 lbs medicinal mushrooms (shitake, miatake, oysters, lion's main), chopped or sliced
1 onion
6 cloves of garlic
1 stalk of celery
4 carrots, chopped
1 parsnip, chopped
1 kelp sheet
1 celery root, chopped
2 pacific mushroom broth
1/4 cup burdock root
1 can of coconut milk
2 tablespoon onion powder
1 tablespoon apple cider vinegar
2 tablespoon avocado oil
2 tablespoons fresh dill

Wash all vegetables. Brown onion and garlic with 2 T avocado oil. Add other vegetables, mushrooms and stock. Cook for 1 hour.

15 minutes before the soup is done add all spices and the solid part from 1 can of coconut milk (or if you eat dairy add 1 C of sour cream) and 1 T apple cider vinegar. You can also blend the soup in high speed blender. Make sure that soup is cooled down first.

Seaweed Soup



- 1 package of dried seaweed (wakame or arame)
- 6 cups vegetable broth
- 1 cup chopped winter squash
- 1 cup chopped celery
- ¼ cup chopped parsley
- ½ cup diced carrot
- ½ cup diced leek
- 1 onion, diced
- 1 inch of fresh ginger
- 1 tablespoon sea salt, to taste
- 1-inch piece of ginger, grated

Soak seaweed in water for two hours or until soft. Drain and rinse really well, as dried seaweed can come with a lot of dirt. Next, place all ingredients, including seaweed, into a large stockpot and bring to a boil, then turn down to a simmer for 45 minutes to allow all the flavors to come together.

Savory Lentil Curry Soup



- 1 tablespoon extra virgin olive oil
- 1 teaspoon cumin seeds
- 1 small onion, minced
- 1 lbs. medicinal mushrooms
- 1 large celery rib, minced
- 4 large garlic cloves, minced
- 1-inch piece of ginger, shredded
- 2 inches of turmeric
- 1 large carrot, chopped
- 1 bay leaf
- 1 cup brown lentils soaked over night
- 3 cups broth of your choice (or water)
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- Spinach or kale chopped
- pinch of cayenne
- 1 tablespoon of curry powder

Create your soup base. In a large pot, add extra virgin olive oil. When the oil is hot, add cumin seeds and cook until fragrant (about 1 minute). Then add your minced onion, celery, garlic, ginger, carrot, and bay leaf. Sauté until soft (about 2 to 3 minutes).

Assemble the soup. Add brown lentils and broth (or water) along with sea salt and pepper. Cover and cook on medium-low heat for 30 to 45 minutes, stirring every 15 minutes. The soup is done when the lentils are tender but still holding their shape. Serving suggestion. Add greens like spinach or kale at the end if you would like. Allow the soup to settle for about an hour before eating for the best flavor.

Medicinal Mushrooms Stir-Fry



Marinade

- 1/4 cup GF soy sauce
- 1/4 cup avocado oil
- 2 tbsp sweet chilli sauce
- The zest of half a small lime
- The juice of 1 lime
- 1/2 tsp rice wine vinegar
- Honey to taste
- 1 tsp toasted sesame oil

For the stir fry:

- 1 lbs medicinal mushrooms sliced
- 1 tbsp coconut oil
- 1 onion cut lengthways then sliced thinly
- 1 red chilli pepper (1 level tbsp when chopped) pith and seeds removed then finely chopped
- 3 fat cloves of garlic minced
- 2 inches of fresh ginger
- 2 inches of fresh turmeric
- 1 thumb size piece of ginger peeled and finely grated
- 1 red bell pepper seeds removed and sliced
- Head of broccoli broken into florets
- 5 spring onions chopped
- 1/2 bunch of cilantro, chopped

Whisk together all the marinade ingredients. Place the mushrooms in a large shallow dish then pour over the marinade, making sure to turn the mushrooms a few times so they are all coated in the marinade. Leave the mushrooms to soak up the marinade for about 10 minutes. Add the onion and stir-fry for about 5 minutes. Turn up the heat then add the garlic, turmeric, ginger and chilli pepper, stir-fry for about 2 minutes. Now add the pepper, broccoli and stir-fry for another 2 minutes. If the wok starts to get a little dry you may need to add a tiny bit more coconut oil here. Now add the mushrooms and the marinade to the wok and stir-fry until the mushrooms are cooked about 4 or 5 minutes. Once the sauce is piping hot and the mushrooms are cooked add the noodles and toss until the noodles are covered in the sauce. Finally, add the spring onions. Serve immediately and top with a sprinkling of sesame seeds and some more chopped spring onions.

Crockpot Beef Stew



1 pound raw beef stew meat
4 cloves garlic, chopped
1 large onion, chopped
1 large parsnip, chopped
1 celery root, chopped
3 large carrots, chopped
1 sweet pepper, chopped
1 large potato, chopped
1 bay leaf
1 tablespoon fresh thyme
1 tablespoon fresh rosemary
1 14.5-ounce can diced tomatoes
3 cups beef broth
1 kelp sheet
1 bunch parsley, chopped
Sea salt and black pepper to taste

Combine all the ingredients to your crockpot. Mix well and cover. Set the crockpot on low for 7 hours.

Vegetable Stir-fry with Salmon and Ginger Turmeric Broth



Broth Ingredients:

1 tablespoon coconut oil
2 teaspoons turmeric
1 teaspoon ground cumin
1 onion, minced
1-inch fresh ginger, grated
5 garlic cloves, minced
8 cups vegetable broth
1 bunch cilantro, chopped
1 bunch scallions, chopped
2 limes, juiced

Pan-Seared Salmon Ingredients:

4 salmon filets
1 tablespoon coconut oil
sea salt, to taste
black pepper, to taste

Stir-Fry Ingredients:

1 tablespoon coconut oil
1 small onion, chopped
1 fennel bulb, sliced
1 cup sliced carrot
1 medium-sized head bok choy (full-sized), chopped
1 cup broccoli florets
½ small red cabbage
1 cup cauliflower florets
1-inch fresh ginger, grated
sea salt, to taste
black pepper, to taste
¼ cup water
1 lime, juiced

To make broth, add coconut oil to a large soup pot over medium heat. Once the oil melts, add turmeric and cumin. Sauté for about 1 minute, then add onion, ginger, and garlic. Sauté for an additional 3 minutes, then add vegetable broth. Cover and lower the heat to simmer for about 20 minutes. Turn off the heat and add cilantro and scallions. Top with lime juice when ready to serve.

Start the salmon by placing a medium-sized sauté pan over medium heat. Add coconut oil to the pan and season the fish with salt and pepper. Once the oil has melted, add the fish to the pan. Cook for about 5 to 7 minutes per side. Remove the fish from the pan and set aside to cool.

Stir fry vegetables by melting coconut oil in a large sauté pan over medium heat. Add onion and fennel. Sauté for about 5 minutes, then add carrot. Sauté for another 3 minutes, then add bok choy, broccoli, and cauliflower. Season with ginger, sea salt, and black pepper. Add water, mix well, and cover. Allow mixture to cook down for about 5 minutes. Toss with lime juice before serving.

Cumin Lime Dressing



8 limes, juiced
1 teaspoon cumin powder
sea salt, to taste
black pepper, to taste
2 garlic cloves, minced

Add all the ingredients to a mason jar. Close the lid and shake until mixed. Store in the refrigerator up to 7 days.

Lemon Ginger Dressing

4 lemons, juiced
2 garlic cloves
1 cup extra virgin olive oil
½ inch fresh ginger
1 teaspoon honey
1 pinch sea salt
black pepper, to taste

Add all the ingredients to a high-speed blender.
Blend until smooth. Store in a closed mason jar up to 7 days.

Creamy Dill Dressing



1 avocado
1 large cucumber, finely chopped
½ bunch fresh dill, minced
½ bunch fresh mint, minced
2 garlic cloves, minced
1 large lemon, zested and juiced
sea salt, to taste
black pepper, to taste

Add all the ingredients to a mason jar. Close the lid and shake well. Adjust seasonings as needed. Refrigerate for up to 3 days.

Mango Basil Dressing

1 cup fresh mango, chopped
1 lime, juiced
5-6 basil leaves
¼ cup chopped purple cabbage
½ cup chopped cucumbers
2 tablespoons pumpkin seeds
½ cup extra virgin olive oil
Pinch of sea salt
Pinch of black pepper

Add your dressing ingredients to a blender. Blend until smooth. Add to your salad.

Detox Pesto



1 cup basil leaves, washed and loosely packed
½ cup fresh cilantro
2 sun-dried tomatoes
1 lemon, juiced
2 cloves fresh garlic
¼ to ½ cup extra virgin olive oil as needed
Sea salt and black pepper to taste

Combine all the ingredients in a food processor or high speed blender. Pulse and process the mixture until it is well mixed.

Storage Instructions: Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright

Liver Pate



1,8 lbs. chicken or beef liver
2 T balsamic vinegar
2 T sage
1 T salt
1 T cinnamon
1/2 C oil olive plus more for the pan
3/4 C shallots chopped (if not avoiding FOODMAPS)
1/2 tsp. black pepper
2 T ghee if you can eat dairy

Jelly:

6 oz. blueberries
1/2 cup water
2 tablespoons gelatin
2 T balsamic vinegar
4 T water

Heat frying pan with 2 T olive oil or ghee. Add shallots and brown it (approximately 5 min). Add the liver and cook for about 10 min. Leave aside for cooling. When the liver is cold add all the ingredients to the food processor and blend it until silky smooth. Transfer to a Mason jar or Pyrex glass containers. To make the jelly: Put 2 T gelatin into a bowl. Add 4 T water and whisk until you see that is gelatinizing. Add all the ingredients to the food processor and blend it. Pour it over the pate in the jar and refrigerate.

Kale Chips



1 bunch kale stems removed and leaves torn into 2-inch pieces
2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
¼ cup sesame seeds
Sea salt

Heat oven to 200 degrees. In a large bowl, drizzle kale with oil, lemon juice and sesame seeds. Season with salt. Toss until evenly coated. Transfer to a rimmed baking sheet and bake for 30 minutes. Remove from oven and use a spatula to flip kale leaves over. Return to oven and continue cooking until kale is dry and crisp, 20-25 more minutes. Let cool completely. Store in an airtight container for up to 3 days.

Flax Crackers



1 cup ground flaxseed

1/2 cup water

1/4 tsp salt

¼ tsp of each of your seasonings of choice:

*garlic powder, onion powder, rosemary, nutritional yeast, chili powder, black pepper

Preheat oven to 400°.

Mix all the ingredients, adding a little water at a time, until well combined into a dough.

Spread evenly onto a parchment lined small baking dish. You want the thickness

at about 1/8-1/4 inch thick. *You can easily double this recipe to fit on a full baking sheet.

Before you bake your crackers, score the dough with a knife into squares or triangles, so it snaps apart after it's baked.

Bake for 20-30 minutes until crisp and edges are browned.

Rosemary Lentil Hummus



2 cups water
1 cup brown lentils
2 garlic cloves
3 tablespoons tahini
¼ cup extra virgin
olive oil
1 tablespoon dried
rosemary
Sea salt and black
pepper to taste

Combine water and lentils in a medium pot. Bring to a boil. Reduce heat, cover, and simmer about 20 minutes until the lentils are soft and most of the water is absorbed.

Once the lentils are cooked, add them to a blender or food processor. Add the remaining ingredients and blend well. Serve immediately or refrigerate in covered container for up to 7 days.

Chocolate Avocado Pudding



3 large avocados, ripe and soft
1/3 cup raw cocoa powder
1/2 cup coconut milk
1 teaspoon vanilla extract
1 tablespoon lemon juice
2 teaspoons coconut oil
stevia or 2 tablespoons raw, unfiltered, local honey or
maple syrup

Put all ingredients in a food processor or blender. Pulse or blend on high for 1 minute or until smooth and refrigerate for 30 min. Dress in coconut flakes, cinnamon or fruit.

Lemon Sesame Protein Balls



- 1 cup sunflower seeds
- 1 scoop vanilla protein powder
- ½ cup raw cacao nibs
- 3 tablespoons sunbutter or nut butter of your choice
- 3 tablespoons melted coconut oil
- 1 cup sesame seeds
- 1 tablespoon lemon zest
- 8 pitted Medjool dates (soak for about 30 min if hard)
- ⅓ cup shredded coconut (for coating)

Add sunflower seed, protein powder, cacao, sunbutter, coconut oil, sesame seeds, and lemon zest to a large bowl. Blend the dates in a high speed blender or food processor until it turns into a paste. Then add the date paste to the bowl with the remaining ingredients. Mix well using clean, dry hands.

Roll the mixture into individual balls (about 10). Roll each individual ball into the shredded coconut until it is coated all over, then place into an airtight container. Store in the refrigerator for at least one hour before serving.

Elderberry gummies



2 tablespoons grass-fed gelatin
1/2 cup elderberry syrup* (recipe below or buy here or you can buy one) or you can use cherry, pomegranate juice too
2 tablespoons raw honey
1/3 cup hot water

In a small bowl mix the elderberry syrup with the gelatin. Let the gelatin sit in the water for a minute or until it gels up. Heat 1/3 cup of water in a saucepan on low heat. You want the water to be hot but not boiling. Pour the hot water over the gelatin mixture. Use a whisk and mix the ingredients together. Add the honey and mix until thoroughly combined. While the mixture is still liquid, pour it into molds. Refrigerate for 1-2 hours or until set. Store the elderberry gummies in a closed container in the refrigerator.

Gingered Carrots



NOTE: Gingered carrots will keep for one year, as long as you properly store them.

INGREDIENTS &

TOOLS:

Large mixing bowl

Mason jar with lid

Wooden spoon

1-pound carrots

peeled and finely shredded

1 2-inch piece ginger, peeled and finely shredded

1 cabbage leaf

1/4 cup starter

culture (culturesforhealth.com or bodyecology.com)

TOSS Carrots, ginger, and starter culture together in a large mixing bowl.

COMBINE THE MIXTURE by hand, making sure the ginger and carrots are thoroughly combined. Layer the mixture of ginger and carrots into a mason jar and pound it down with a wooden spoon so the vegetables are tightly compacted. Continue to layer and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of solids.

Layer the top of your vegetables with a cabbage leaf and pack the leaf down with your fist.

ALLOW YOUR VEGETABLES TO FERMENT at room temperature for 5 days or longer (for desired sour taste) before tasting them. Transfer to cold storage.

Sauerkraut



Basic

sauerkraut may be one of the most popular ferments, and it is such an easy recipe that it works great for beginners. Give it a try, you won't be sorry!

INGREDIENTS:

1 medium head of cabbage
1-3 tablespoons sea salt

INSTRUCTIONS:

Chop or shred cabbage. Sprinkle with salt.

Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher for about 10 minutes, until there is enough liquid to cover.

Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.

Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.

Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage.

The sauerkraut flavor will continue to develop as it ages.

Makes approximately 1 quart.

OPTIONAL:

Prior to culturing, mix 1-part shredded carrots, apple, or other vegetable to 5 parts cabbage, for a more complex flavor. You can also add caraway seeds, if desired.



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