



IMMUNE BOOSTING RECIPES

The immune system helps us to fight and protect against diseases caused by bacteria, virus, toxins and helps to remove foreign bodies and malignant cells from our system.

Sweet lime and pepper salad

Serving size: 1 bowl

Ingredients:

Amount:

Sweet lime (Mausambi)	50gm
Capsicum	50gm
Cucumber	50gm



FOR DRESSING:

Mustard powder	½ teaspoon
Black pepper powder	½ teaspoon
Lemon juice	1 teaspoon
Salt	To taste

METHOD:

- Combine all the ingredients for the salad in a bowl and chill
- Just before serving, pour the dressing over the salad and toss well
- Serve immediately.

Source: <https://m.tarlaladala.com/recipes-for-Healthy-Immunity-Veg-Recipes-513?amp=1&pageindex=2>

Carrot methi stir fry

Serving size: 2 portion

Ingredients:

Amount:

Carrots(chopped)	100gm
Fenugreek leaves(chopped)	100gm
Onion(chopped)	25gm
Green chillies	2no.
Garlic	1clove
Cumin seeds	½ teaspoon
Turmeric powder	¼ teaspoon
Coriander powder	½ teaspoon
Oil	1 teaspoon
Salt	to taste



METHOD:

- Heat oil in a pan and add cumin seeds
- When they crackle, add chopped onion, green chillies, garlic, and saute on medium flame for 2 mins.
- Add the fenugreek leaves and saute on medium heat for 2 mins.
- Add the carrots, turmeric powder, coriander powder, salt and add 1cup of water, mix well cover and cook over slow flame till all the moisture has evaporated and carrots are tender
- Serve with hot phulkas.

Source: <https://m.tarlaladala.com/recipes-for-Healthy-Immunity-Veg-Recipes-513?amp=1&pageindex=2>

Sweet green amla smoothie

Serving size: 1 glass

Ingredients:

Amount

Milk	200ml
Spinach	100gm
Grapes	100gm
Amla powder	1 tablespoon
Flax seeds (grounded)	1 tablespoon
Dates	1-2no.
Banana	1no.
Cinnamon	1 teaspoon
Black pepper powder	a pinch
Green tea	1 teaspoon



METHOD:

- Wash all the greens by washing them and add all the ingredients in a blender. Blend it well and serve.

Source: <http://thegreencreator.com/sweet-green-aml-smoothie/>

Ginger turmeric and carrot soup

Serving size: 2 cups

Ingredients:

Amount

Carrots(chopped)	750gm
Garlic(minced)	2cloves
Ginger (grated)	5gm
Vegetable broth	750ml
Coconut milk	400ml
Turmeric powder	1 tablespoon
Oil	1tablespoon
Salt	to taste



METHOD:

- Heat oil in a saucepan and add carrots and fry until tender, add ginger, garlic, turmeric powder, salt and pepper and saute for a min.
- Add the vegetable broth and coconut milk
- Bring it to a boil and cover and simmer for 20 mins
- Once soup is done add in a blender and blend it
- Adjust seasonings as per the taste and serve immediately.

Source: <https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/>



SPINACH BROCCOLI SOUP

Serves 1

The recipe is packed with energy, nutrients and comes the goodness of spinach. Spinach consists of high amounts of Vitamins A, C, E, which helps it fight infections, and replenish the blood cells to give a boost to the immune system.

Ingredients

For the soup:

- Onion – 1/2
- Vegetable broth – 2 cups
- Potato – 1/4
- Parmesan cheese – 1 tsp
- Butter – 1 tbsp
- Spinach – 1 cup
- Salt as required
- Black pepper for garnishing

For vegetable broth:

- Onion – 1
- Stalks – 2
- Carrot – 1
- Garlic – 3 to 4 cloves
- Soy sauce – 1 tbsp
- Dash of salt and pepper



Method

- Chop the spinach leaves, onions, potatoes, broccoli and keep them aside. Melt the butter in a large pan.
- Vegetable broth: place all the ingredients to a large pot of water and bring to a boil. Reduce the heat and let it simmer an hour. Once done, strain the vegetables and use it for the soup.
- As butter starts to melt, add chopped onions. Then add vegetable broth and stir to mix the ingredients well. Add chopped potatoes in the pan. When vegetables appear cooked, add spinach leaves in the pan and stir well. Cook it for 5-7 minutes, stirring occasionally. When vegetables are properly cooked remove from flame and let it cool.
- Transfer this mixture to a blender jar and blend it to make a smooth puree. Transfer soup to a serving bowl and sprinkle black



Immunity Boosting Recipes

SPROUTED PANEER CHAAT

Serves 1

Recipe is rich in nutrients, vitamins and minerals including sprouts as they have high vitamin C content that makes it a powerful stimulant for the white blood cells in the body to fight off infections and diseases and thus, building up the immunity system. Mint is packed with a varied range of antioxidants that help prevent free radical activity boosting up the immunity. It is also rich in anti-inflammatory properties that help ease discomfort and pain most often due to cold and flu.

Ingredients:

For the chutney:

- 1 cup fresh coriander chopped
- ½ cup fresh mint chopped
- 1-2 chillies chopped
- 3-4 cloves Garlic
- Asafoetida pinch
- Cumin seeds pinch
- Salt to taste
- 1 ½ tbsp Lemon juice

For the chaat:

- Potato-1 (small)
- Onion-1 (small), finely chopped
- Tomato-1 (small), finely chopped
- Sprouts(20g)
- Lentil
- Black chickpeas
- Paneer(10g)
- 1tsp. Mint coriander chutney
- 1 tsp. Coriander leaves(for garnishing)
- Chaat masala pinch
- Roasted cumin powder pinch
- Black salt pinch
- Salt to taste



Method:

- For the chutney, blend all the ingredients in a blender until smooth. If it's difficult to blend, add a tablespoon of water and then blend.
- Boil the potato and let it cool. Peel it and dice it..Add finely chopped onion, tomato and the sprouts to it.
- Dice the paneer into small cubes and add to it.
- Mix in the chutney, chaat masala, cumin powder, black salt and salt. Garnish with coriander leaves and serve immediately.



Immunity Boosting Recipes

PAPAYA AND WATERMELON SALAD

Serves 1

The recipe is packed with energy, nutrients and comes the goodness of both papaya and watermelon. Papaya is a great source of Vitamins A, B, C & K. Hence it is a great immunity booster. Watermelon is a super food because of its large concentration of lycopene. Lycopene offers an array of health benefits which helps prevent infection.

Ingredients

- Raw papaya – 150g
- Watermelon- 75g
- Green chilli- 1
- Salt- to taste
- Coconut oil- 1 tbsp
- Lemon Juice – 2 tsp
- Mint leaves- for garnish

Method

- Peel and chop the watermelon and raw papaya into medium sized pieces.
- Transfer to a bowl.
- For the dressing whisk together lemon juice, salt, green chilli and coconut oil.
- Pour over the papaya and watermelon and toss well.
- Garnish with mint leaves and serve.





Immunity Boosting Recipes

GINGER TURMERIC TEA

Serves : 2

Turmeric ginger tea has excellent antimicrobial, antibacterial, anti-fungal and antiseptic properties, which make it a great immune system aid. Furthermore, for cough, colds and congestion, the combination of these powerful ingredients helps to speed healing and eliminate the underlying infections.

Ingredients

- 1/2 teaspoon ground turmeric
- 1/2 teaspoon chopped fresh ginger
- 1/2 teaspoon ground cinnamon (optional)
- 1 tablespoon honey
- 2 teaspoon lemon juice
- 2 cups water

Method

- Bring water to a boil in a small saucepan.
- Add turmeric, ginger, and cinnamon.
- Reduce heat to medium-low and simmer for 10 minutes.
- Strain tea into a cup.
- Add honey and add the lemon juice.

