



IMMUNITY ENHANCING RECIPES



1. Rainbow salad

Portion size: 1 bowl

INGREDIENTS:

Carrot	25g
Cucumber	50g
Yellow bell pepper	50g
Red cabbage	25g
Spring onion greens	25g
Coriander	1 sprig

METHOD:

- Peel and process the carrot and cucumber.
- Cut the bell peppers into thin strips
- Chop the red cabbage into thin slices.
- In a bowl, mix together all the prepped vegetables with spring onion.
- Garnish the salad with coriander before eating.

Best time to consume- mid morning/lunch/evening snacks/dinner.

Significance:

- Yellow bell pepper: it contains both Vitamin C , Vitamin A and antioxidants which helps in boosting our immunity.
- Red cabbage: it contains a greater dose of Vitamin C, flavonoids and antioxidants which improves our immune health.
- Spring onion: it contains a larger dose of vitamin C and antioxidants which builds our immunity.
- Cucumber: contains Vitamins A,B,C,K and minerals like copper, manganese, potassium that play an important role in maintaining a healthy immune system.



2. Ginger & methi ladoo

Portion size: 2 ladoos

INGREDIENTS:

Whole wheat flour	30g
Jaggery	15g
Ghee	10g
Methi (fenugreek) seeds	5g
Saunf (fennel seeds)	5g
Dried ginger powder	5g
Pepper	2g
Almonds	2g

METHOD:

- In a pan heat the ghee till it melts and add the wheat flour and roast till it turns light brown..Let it cool.
- In another pan dry roast pepper, methi and fennel seeds and grind them.
- When the flour mixture cools, add ginger powder and the grinded contents into it and combine well.
- Melt the jaggery and add it to the mixture.
- Roll out small balls of the mixture
- Decorate the top with almonds.

Best time to consume – early morning/mid morning/evening snack.

Significance: Immune system controls and influences the foreign bodies that try to enter our bodies and thus help us to cope up with infections.

- Ginger: it helps to combat inflammation and keeps our immune system healthy.
- Jaggery: it boosts resistance against infections and builds up a stronger immunity.
- Pepper : it contains anti inflammatory, antibacterial and anti oxidant activities.
- Methi seeds: a good source of soluble fibre and also acts as an antioxidant



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3. Carrot Amla Juice

Portion size : 1 cup

INGREDIENTS

Carrot	30 g
Amla	30 g
Green Chilli	5 g
Salt	2tsp

METHOD

- Peel and cut the carrots and amla into small pieces.
- Put in the blender.
- Add salt , green chilli and water
- Blend it well
- Strain the juice
- Serve it cold

BEST TIME TO CONSUME:

Mid morning / Evening

SIGNIFICANCE:

Carrots contain antioxidants, which help body fight free radicals, cell damage, and inflammation.

Vitamin C in carrot also provides an immune system boost, helping to get through cold and flu.

Amla is considered to be an immune stimulant, enhancing overall immunity and supporting the non specific immune response.



4. Orange Honey smoothie

Portion size : 1 cup

INGREDIENTS

Orange	100g
Turmeric	1tsp
Honey	2tbsp
Milk	50ml
Ginger	10g

METHOD

- Put all the ingredients in the blender.
- Blend until combine.
- Use a cheese cloth to get rid of the pulp.
- Serve it along with adding ice cubes .

Best time to consume – Midmorning/ Evening /bedtime

Significance

- Honey : It is an antioxidant and antibacterial properties help improve the digestive system and boost immunity.It is also a powerhouse of antioxidants, which are very effective for the removal of free radicals from the body.
- Turmeric :It have a great role in increasing the anti oxidant capacity of the body. This protects your body from free radicals and possibly slows the ageing process.
- Ginger :It helps to combat inflammation and keeps our immune system healthy.
- Orange : it contains both Vitamin C , and antioxidants which helps in boosting our immunity.