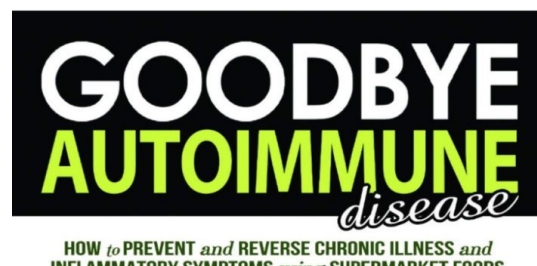


# Delicious Recipes to Boost Your Immune System



Over the past few months, many people have had severe colds and flu. If you are recovering from a cold and flu, want to boost your immune system, or just want to try some new delicious recipes, then read on!

I also encourage you to check out the following resources...

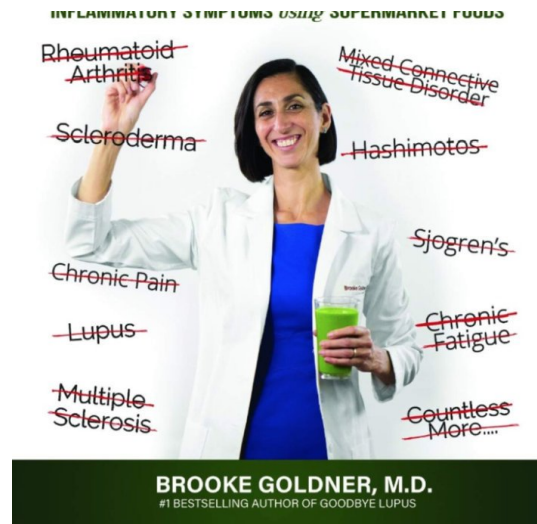




Watch Dr Brook Goldner explain the research findings that vegetarian and vegan medical front line workers had far fewer cases of COVID 19 infections.

[Video time: 4:30]

[Watch Video Here](#)



Learn how Dr Goldner is getting great results in reversing long COVID using the same protocols that she uses to reverse autoimmune diseases using a hyper-nourishing nutrition protocol and of course, a whole food plant-based diet.

[Watch Video Here](#)



**Recipe 1: Cocktail Tea from the Supreme Kitchen Cookbook [Serves 2]**

(See the cookbook Attached for more Delicious Recipes!)

## Ingredients:

650 ml (3 cups) water  
1½ Tbsp clove buds  
20g (1 oz) ginger (about thumb-size)  
2 star anises  
10g (0.5 oz) cinnamon  
50g (2 oz) crystal sugar (to taste) or coconut sugar or dates



## Ingredients:

## Directions:

1. Wash ingredients with water (crystal sugar not included); set aside.
2. Combine all ingredients with water in a pot. Bring to a boil over high heat. Reduce to low heat and simmer for 20 minutes. Filter out the dregs.
3. Add the sugar and enjoy. Or if using dates, boil with the rest of the ingredients.

## Recipe 2: Pho (Vietnamese Rice Noodle Soup) [Serves 2]

1. Place the tofu in the oven

2 - 3 inches fresh ginger,  
chopped  
1/2 - 1 onion, chopped  
1 cup of mushrooms  
1 clove garlic, peeled and  
chopped  
1 stalk lemongrass, chopped  
(or 1/2 tsp of dried  
lemongrass)  
1 cinnamon stick (or 1/4 tsp of  
powdered cinnamon)  
1 tsp dried fennel  
3 dried star anise pods  
1 cup of water  
4 cups vegetable broth  
Rice noodles, cooked (enough  
to serve two)  
Firm tofu  
Chopped fresh vegetables  
such as sliced mint, lettuce,  
finely sliced cabbage  
Fresh lemon

## Method...



## Ingredients:

at 180 degrees Celcius for  
about 15 minutes.

2. Simmer the onion, ginger  
and garlic in 1 cup of water.  
Once they are softened,  
add the vegetable broth.
3. Add the lemongrass,  
cinnamon, fennel, and star  
anise and bring to a boil,  
then bring to a simmer. Add  
the mushrooms and allow  
to simmer for at least half  
an hour.
4. Strain through a fine-  
mesh strainer, reserving  
broth. Taste the broth. For a  
saltier flavour, add some  
soy sauce or tamari or  
liquid Braggs.
5. Serve soup with noodles,  
baked tofu, some fresh  
lemon and optional  
toppings, and enjoy! Add  
chili as desired.

## Recipe 3: Coriander/Cilantro Pesto

[Serves 2]

## Method:

1 - 2 bunches of coriander (1 large bunch is enough or 2 small bunches may be needed)

1 cup of water

1/2 inch of ginger

1/2 - 1 clove of garlic

1/2 - 1 lemon, peeled

1/3 - 1/2 cup of cashews

1/4 head of Broccoli

Pasta (gluten-free works great)

Sea salt to taste (optional)

Firm tofu cut into cubes

1. Bring the pasta to the boil. When it's almost ready add the broccoli in to cook for a short time.

2. Add the coriander, 1/2 cup of water, ginger, garlic, lemon and cashews to a blender. Blend until it reaches a consistency you like. Add more water if necessary.

3. Place the cooked pasta and broccoli into a bowl, add the firm tofu, then cover with the pesto blend. Enjoy!

These recipes contain many different phytochemicals that boost the immune system including compounds within the herbs, vitamin C from the lemon juice etc.

I hope you enjoy them! And please be sure to check out the recipes in the Supreme Kitchen cookbook attached.

## Eve Nguyen

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