



Immune Boosting Recipes

HERE ARE FIVE UNIQUE AND CREATIVE IMMUNE-BOOSTING RECIPES PACKED WITH SUPERFOODS TO STRENGTHEN YOUR BODY'S DEFENSES:

1. DRAGON FIRE IMMUNITY SHOT

A FIERY, POTENT WELLNESS SHOT THAT WAKES UP YOUR IMMUNE SYSTEM.

INGREDIENTS:

- 1-INCH FRESH GINGER ROOT, GRATED
- 1-INCH FRESH TURMERIC ROOT, GRATED (OR 1/2 TSP TURMERIC POWDER)
- 1/2 LEMON, JUICED
- 1/4 TSP CAYENNE PEPPER
- 1 TSP RAW HONEY
- 1/4 CUP FRESH ORANGE JUICE

INSTRUCTIONS:

1. BLEND OR MIX ALL INGREDIENTS IN A SMALL CUP.
2. STRAIN (OPTIONAL) AND DRINK IN ONE SHOT!

WHY IT WORKS: GINGER AND TURMERIC FIGHT INFLAMMATION, LEMON AND ORANGE PROVIDE VITAMIN C, AND CAYENNE BOOSTS CIRCULATION TO DELIVER NUTRIENTS FASTER.



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2. SUPERCHARGED IMMUNE WARRIOR BOWL

A VIBRANT, ANTIOXIDANT-RICH MEAL THAT STRENGTHENS THE BODY FROM THE INSIDE OUT.

INGREDIENTS:

- 1/2 CUP COOKED QUINOA
- 1/2 CUP ROASTED SWEET POTATOES (SEASONED WITH CUMIN AND TURMERIC)
- 1/2 AVOCADO, SLICED
- 1/4 CUP FERMENTED SAUERKRAUT (FOR GUT HEALTH)
- 1/4 CUP STEAMED BROCCOLI
- 1 TBSP PUMPKIN SEEDS (RICH IN ZINC)
- 1 TBSP TAHINI DRESSING (MIX TAHINI, LEMON JUICE, AND GARLIC)

INSTRUCTIONS:

1. ASSEMBLE ALL INGREDIENTS IN A BOWL.
2. DRIZZLE WITH TAHINI DRESSING AND ENJOY.

WHY IT WORKS: THIS BOWL IS A PERFECT MIX OF PREBIOTICS, PROBIOTICS, ANTIOXIDANTS, AND ESSENTIAL NUTRIENTS TO SUPERCHARGE YOUR IMMUNE SYSTEM.



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3. MYSTIC BLUEBERRY & SPIRULINA YOGURT PARFAIT

A MAGICAL, GUT-HEALING PARFAIT WITH A STUNNING BLUE HUE.

INGREDIENTS:

- 1/2 CUP GREEK YOGURT (OR COCONUT YOGURT)
- 1/2 CUP BLUEBERRIES
- 1/2 TSP SPIRULINA POWDER
- 1 TBSP FLAXSEEDS
- 1 TBSP RAW HONEY
- 1 TBSP CHOPPED WALNUTS

INSTRUCTIONS:

1. BLEND HALF OF THE YOGURT WITH SPIRULINA TO CREATE A BRIGHT BLUE LAYER.
2. LAYER THE BLUE YOGURT, PLAIN YOGURT, BLUEBERRIES, FLAXSEEDS, AND WALNUTS IN A GLASS.
3. DRIZZLE WITH HONEY AND ENJOY!

WHY IT WORKS: SPIRULINA IS A POWERFUL IMMUNE BOOSTER, BLUEBERRIES ARE LOADED WITH ANTIOXIDANTS, AND YOGURT STRENGTHENS THE GUT MICROBIOME.



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4. SUN WARRIOR'S GOLDEN SOUP

A CREAMY, GOLDEN SOUP INFUSED WITH IMMUNE-ENHANCING SUPERFOODS.

INGREDIENTS:

- 1/2 HEAD CAULIFLOWER, CHOPPED
- 1/2 ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 1-INCH FRESH TURMERIC, GRATED
- 1/2 TSP CUMIN
- 1/2 TSP BLACK PEPPER (ENHANCES TURMERIC ABSORPTION)
- 1/2 CUP COCONUT MILK
- 2 CUPS VEGETABLE BROTH
- 1 TBSP OLIVE OIL

INSTRUCTIONS:

1. SAUTÉ ONION AND GARLIC IN OLIVE OIL UNTIL FRAGRANT.
2. ADD CAULIFLOWER, TURMERIC, CUMIN, AND BLACK PEPPER. STIR WELL.
3. POUR IN BROTH AND COCONUT MILK, THEN SIMMER FOR 15 MINUTES.
4. BLEND UNTIL CREAMY AND SERVE WARM.

WHY IT WORKS: THIS GOLDEN SOUP FIGHTS INFLAMMATION, SUPPORTS GUT HEALTH, AND IS PACKED WITH ANTI-VIRAL NUTRIENTS.



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5. JUNGLE WARRIOR ADAPTOGENIC HOT CHOCOLATE

A COMFORTING, STRESS-REDUCING DRINK THAT NOURISHES THE IMMUNE SYSTEM.

INGREDIENTS:

- 1 CUP ALMOND OR COCONUT MILK
- 1 TBSP RAW CACAO POWDER (ANTIOXIDANT POWERHOUSE)
- 1/2 TSP ASHWAGANDHA POWDER (STRESS REDUCTION & IMMUNITY)
- 1/2 TSP CINNAMON
- 1/2 TSP TURMERIC
- 1 TSP RAW HONEY OR MAPLE SYRUP
- 1 TBSP COCONUT OIL

INSTRUCTIONS:

1. HEAT MILK IN A SAUCEPAN (DO NOT BOIL).
2. WHISK IN CACAO, ASHWAGANDHA, CINNAMON, TURMERIC, AND COCONUT OIL.
3. SWEETEN WITH HONEY AND BLEND FOR A FROTHY TEXTURE.

WHY IT WORKS: CACAO BOOSTS MOOD, ASHWAGANDHA REDUCES STRESS (WHICH WEAKENS IMMUNITY), AND COCONUT OIL PROVIDES HEALTHY FATS FOR CELL PROTECTION.

