

HEALING RECIPES

Bio Bio Kitchen



HERE ARE FIVE HEALING SUPERFOOD RECIPES DESIGNED TO NOURISH THE BODY, SUPPORT IMMUNITY, AND PROMOTE OVERALL WELL-BEING:

1. Healing Turmeric & Ginger Elixir

Ingredients:

- 1 cup warm water or coconut water
- 1/2 tsp turmeric powder
- 1/2 tsp grated ginger
- 1 tbsp lemon juice
- 1 tsp raw honey
- 1/4 tsp black pepper

Instructions:

1. Mix all ingredients in a glass.
2. Stir well and drink warm or chilled.

Benefits: Anti-inflammatory, immune-boosting, and supports digestion.



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2. Gut-Healing Bone Broth Soup

Ingredients:

- 2 cups organic bone broth (or vegetable broth for vegan option)
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 cup mushrooms
- 1 clove garlic, minced
- 1/2 tsp turmeric
- 1/2 tsp sea salt
- 1 tbsp apple cider vinegar
- 1 tbsp fresh parsley, chopped

Instructions:

1. Sauté garlic, carrots, celery, and mushrooms for 3-4 minutes.
2. Add bone broth, turmeric, and apple cider vinegar. Simmer for 15 minutes.
3. Top with parsley and serve warm.

Benefits: Heals the gut lining, supports immunity, and reduces inflammation.



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3. Detox Green Smoothie

Ingredients:

- 1 cup spinach
- 1/2 cucumber
- 1/2 avocado
- 1/2 banana
- 1 tbsp flaxseeds
- 1 tsp spirulina powder
- 1 cup coconut water

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately.

Benefits: Detoxifying, rich in antioxidants, and great for digestion.



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4. Moringa & Quinoa Power Bowl

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup steamed kale
- 1/4 cup chickpeas
- 1/2 avocado, sliced
- 1 tsp moringa powder
- 1 tbsp tahini dressing
- 1 tbsp pumpkin seeds

Instructions:

1. Toss quinoa, kale, and chickpeas in a bowl.
2. Sprinkle with moringa powder and drizzle with tahini dressing.
3. Top with avocado and pumpkin seeds.

Benefits: Supports energy levels, detoxifies the body, and boosts immunity.



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5. Antioxidant-Rich Berry Chia Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 cup almond or coconut milk
- 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 1 tsp raw honey
- 1/2 tsp cinnamon

Instructions:

1. Mix chia seeds with almond milk and let sit for at least 2 hours or overnight.
2. Top with berries, honey, and cinnamon before serving.

Benefits: High in fiber, supports gut health, and fights free radicals.

