



Hello!

Thank you for downloading **5 Simple Recipes to Boost Your Vitamin C and Support a Healthy Immune System**.

Vitamin C is an essential micronutrient that supports various cellular functions of our immune system.

Each of these recipes provides 100 mg of vitamin C, which is more than twice the general recommend daily intake of 45 mg for adults.

By eating two of these recipes each day you'll meet the amount recommended to reduce risk of chronic disease which is 190 mg for women and 220 mg for men. (Source: Nutrient reference values for Australia and New Zealand)

The recipes use whole food sources such as broccoli, cauliflower, capsicum, kiwifruit, strawberries, and other everyday ingredients.

Wishing you the best in health,

Annette Low

alow@nutritionpath.com.au
t 0414 994 958

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment.

It is recommended that you consult your physician before altering your diet if you have a medical condition or are receiving medical treatment.



Strawberry Kiwi Salad

2 servings

5 minutes

Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Calories	230
Fat	15g
Saturated	2g
Carbs	23g
Fiber	5g
Protein	4g
Sodium	38mg
Potassium	595mg
Vitamin C	114mg
Calcium	87mg
Iron	2mg
Folate	53µg
Magnesium	33mg
Zinc	1mg
Selenium	7µg

Directions

- 1 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

Additional Toppings: Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

More Protein: Top with cooked chicken, shrimp, fish, or tofu.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds, or chopped nuts instead.



Broccoli Pesto Pasta

2 servings

20 minutes

Ingredients

- 1 1/2 cups Brown Rice Fusilli (uncooked)
- 1/2 cup Basil Leaves
- 2 1/4 tsps Pine Nuts
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided, to taste)
- 2 tsps Nutritional Yeast (plus more for garnish)
- 1 tbsp Water
- 1 3/4 cups Broccoli (chopped into florets)
- 1/2 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	497
Fat	16g
Saturated	2g
Carbs	75g
Fiber	10g
Protein	14g
Sodium	348mg
Potassium	673mg
Vitamin C	111mg
Calcium	65mg
Iron	3mg
Folate	72µg
Magnesium	35mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
- 3 In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
- 4 Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 2 1/2 cups.

Nut-Free: Use sunflower seeds instead of pine nuts.

More Flavor: Add garlic and toast the pine nuts.

Additional Toppings: Add red pepper flakes, lemon juice, black pepper, or chopped parsley.



Greek Cauliflower Salad

2 servings

10 minutes

Ingredients

- 1/4 cup Lemon Juice
- 1/2 tsp Oregano
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 Tomato (medium, diced)
- 1/2 Red Capsicum (medium, diced)
- 1/2 Green Capsicum (medium, diced)
- 1/4 cup Red Onion
- 1/4 cup Pitted Kalamata Olives
- 1/4 head Cauliflower (small)

Nutrition

Amount per serving	
Calories	78
Fat	2g
Saturated	1g
Carbs	14g
Fiber	4g
Protein	3g
Sodium	172mg
Potassium	523mg
Vitamin C	120mg
Calcium	52mg
Iron	2mg
Folate	85µg
Magnesium	28mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Combine the lemon juice, oregano, and garlic in a small bowl. Season with salt and pepper to taste.
- 2 Add the tomato, red and green capsicum (bell pepper), onion, and olives to a mixing bowl.
- 3 Place the cauliflower in a food processor and pulse until very finely chopped and a rice-like consistency is reached. Transfer to the mixing bowl with the vegetables.
- 4 Add the dressing to the bowl with the vegetables and mix well to combine. Season the salad with additional salt and pepper if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately equal to 1 1/2 cups of salad.

Additional Toppings: Cucumber, chickpeas or lentils, red pepper flakes, fresh herbs, and/or feta cheese.

More Fat: Add extra virgin olive oil or avocado oil.

Make it a Meal: Serve over mixed greens or cooked quinoa.



Capsicum & Taco Dip

2 servings

5 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 2 tsp Taco Seasoning (to taste)
- 2 Red Capsicum (sliced)

Nutrition

Amount per serving	
Calories	96
Fat	4g
Saturated	3g
Carbs	16g
Fiber	4g
Protein	2g
Sodium	285mg
Potassium	251mg
Vitamin C	152mg
Calcium	268mg
Iron	1mg
Folate	55µg
Magnesium	14mg
Zinc	0mg
Selenium	0µg

Directions

- 1 In a small bowl mix the yogurt and taco seasoning together. Serve with the red capsicum (bell pepper) slices for dipping. Enjoy!

Notes

Leftovers: Refrigerate the dip in an airtight container for up to three days.

Additional Toppings: Add sea salt and black pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.



Tofu & Broccoli Yellow Curry

2 servings

30 minutes

Ingredients

- 250 grams Tofu (extra firm, pressed and cut into small cubes)
- 2 tbsps Coconut Aminos
- 1 1/2 cups Canned Coconut Milk
- 3 cups Broccoli (cut into florets)
- 3 tbsps Yellow Curry Paste

Nutrition

Amount per serving	
Calories	506
Fat	39g
Saturated	31g
Carbs	23g
Fiber	5g
Protein	19g
Sodium	1400mg
Potassium	867mg
Vitamin C	122mg
Calcium	424mg
Iron	4mg
Folate	97µg
Magnesium	72mg
Zinc	2mg
Selenium	20µg

Directions

- 1 In a mixing bowl combine the tofu and coconut aminos. Toss to combine. Let the tofu marinate while preheating the oven.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
- 3 Arrange the tofu on the baking sheet and bake for 22 to 25 minutes, flipping halfway through.
- 4 Combine the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
- 5 Add the broccoli to the pot and cook uncovered for five to eight minutes or until the broccoli is tender. Stir in the baked tofu. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add fresh ginger, garlic, lime juice, cilantro or basil.

Make it Vegan: Ensure the curry paste does not contain fish sauce or shrimp paste.

Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Consistency: For a thinner curry add vegetable broth.

No Coconut Aminos: Use tamari or soy sauce instead.