

IMMUNE BUILDING RECIPES

GARLIC has many therapeutic benefits. Here are some easy ways to incorporate Garlic into your diet:

1. **Bake** a whole bulb in the oven at 300 degrees until soft and use it for a spread on crackers.
2. Add fresh garlic to salad dressings, soups & beverages. (**Remember:** Allicin is responsible for garlic's infection fighting benefits. It is formed when garlic is crushed/cut. Allow crushed garlic to rest for 3-5 minutes as premature heating destroys the enzyme needed to produce allicin).

GARLIC LEMONADE

Finely mince 2 cloves of fresh garlic (and let it sit for 5 minutes to allow formation of allicin, the infection fighting component), then place in a 1-quart Mason jar. Fill the jar almost full with boiling water and cover for thirty minutes. Strain out the garlic, then add the juice of one whole lemon to the remaining liquid. Sweeten to taste with honey. Serve warm.

GARLIC, LEMON & HONEY TEA

Ingredients:

- 2 cups of boiling water
- 2 cloves of fresh garlic, crushed (then allow garlic to rest for 5 minutes for allicin formation)
- 1 Tablespoon of fresh ginger, grated or ½ tsp of dried ginger
- pinch of cayenne pepper (optional)
- juice of ¼ lemon
- 1-2 tsp of raw honey

Instructions:

- 1) Bring the water to a boil, then turn off the element on the stove and add all the ingredients, except the lemon and honey.
- 2) Let the mixture sit for 15 minutes, then strain the liquid into a ceramic/glass jug/teapot.
- 3) Squeeze the lemon into the strained liquid and add the honey.
- 4) Pour into a mug and let the tea cool slightly before drinking.

This recipe was taken from Hoffman's Therapeutic Botanical Notes.

IMMUNE PROTECTION BROTH

Ingredients:

- 1 ounce (30 grams) of dry reishi mushroom
- 1 ounce (30 grams) of dry shiitake mushroom
- 4 Tbsp of dry chopped sea vegetables (any kind) – preferably certified organic
- 1 ounce (30 grams) of astragalus bark (herb)
- 1-inch piece of fresh ginger root, whole
- 4 Tbsp of organic barley
- 4 Tbsp of organic brown rice
- 2 cups of chopped organic vegetables of choice

Instructions:

- 1) Soak mushrooms, sea vegetables, astragalus and ginger root in water. Once the mushrooms are soft, cut into pieces, and save (including soaking water), but discard astragalus and ginger.
- 2) Pour 8 cups of water into a large pot and bring to a boil. Once boiling, add the soaking water to the large pot and reduce to a simmer for another 5 minutes.
- 3) Add all remaining and saved ingredients to the pot and let simmer for 30 minutes.

IMMUNE STRENGTHENING SOUP

For ages: 2 years and up

Yields: 6-8 servings

During the winter illness season, you can use this basic recipe as an immune-building base.

Experiment. See what's in your pantry. Add foods your children like. We find our kids will consume more soup if we add whole wheat pasta or nuts to it.

Ingredients:

- 2 Tbsp of olive oil
- 1 chopped onion
- 3 cloves of fresh garlic, crushed (after crushing let garlic rest for 3-5 minutes, before sautéing)
- 8 cups of water
- 4-5 sticks of Astragalus (herb) – available at our clinic or in many health food stores
- 1 piece of fresh ginger, whole; 1½ to 2-inches long (optional)
- 4 dried or 2 fresh reishi or shitake mushrooms. If dried, soak first, then slice. If fresh, slice thinly
- 1 cup of finely chopped celery
- 1 cup of chopped green beans
- 2 cups of carrots, sliced diagonally; or other root vegetables (i.e. beets, parsnips, turnip)
- 2 large potatoes, chopped into cubes
- 1 cup of cubed tofu
- any combination of herbs (i.e. basil, parsley, tarragon, etc.) each ± 1 tsp dried or 1 Tbsp fresh
- 1 cup of whole grain pasta (optional)
- 1-2 Tbsp of miso paste

Instructions:

- 1) Sauté onion and garlic in olive oil in a large stockpot until softened.
- 2) Add water and bring to a boil. (While waiting, soak dried mushrooms & save water for soup).
- 3) Add Astragalus, ginger, sliced mushrooms and vegetables. Simmer covered for 30 minutes.
- 4) Add tofu and simmer an additional 20 minutes.
- 5) Add herbs and pasta. Simmer covered for 10 more minutes. Remove from heat.
- 6) Remove Astragalus sticks (and ginger, if used) and stir in miso to taste. Depending on your child's tolerance for spiciness, you may want to add hot pepper sauce, fresh ground pepper, or additional fresh garlic.

IMMUNE SUPPORT BREAKFAST

Consistent use of this recipe over a 2-month period helps to strengthen the immune system and reduce allergic responses.

Ingredients:

- 4 cups of rolled grain: 2 cups of oat flakes + 2 cups of other rolled grains (i.e. barley, kamut, spelt, rice and/or rye).
- 1 cup of oat bran
- ½ cup of dried unsulphured fruit (i.e. blueberries, dates, raisins, etc.)
- ½ cup of sunflower and/or pumpkin seeds (can be ground)
- ½ cup of unsalted raw nuts (i.e. almonds, cashews, pecans, etc. except peanuts)
- ½ cup of lecithin granules
- ¼ cup of whole/ground flaxseeds
- ½ cup of chia seeds (optional)
- ½ cup of ground Milk Thistle seeds
- 1 tsp of each (i.e. coriander + fennel + turmeric or ginger + cinnamon or other combinations of herbs or spices)
- 1 ½ cups of tofu, soy, almond or rice milk

Instructions for IMMUNE SUPPORT BREAKFAST:

- 1) Combine all dry ingredients in a large bowl and mix well.
- 2) Add milk and mix until the ingredients are well coated, then cover and refrigerate overnight.
- 3) Serve with plain organic yogurt if you wish to increase the protein content of the recipe.
- 4) The wet grain mixture will last up to three days in the fridge or a portion of it can be frozen.

This recipe was taken from Dr. Bruce Milliman, ND.

TOM'S FRUITY MEDICINE CHEST SMOOTHIE (aka Fruity Green Smoothie)

Yields: 1-2 servings

Tom makes a large batch of this smoothie nearly every morning. The fruit in it changes according to the seasons. In the summer we use peaches and nectarines instead of pears and apples. This smoothie has been paramount in the lives of many people we have helped. It can literally change your health in a matter of days and hours. The fruit is a rich source of soluble fiber and a host of vitamins and antioxidants. The greens offer powerful phytochemicals. Cabbage is a potent food that affects many pathways in the body. Ginger is a powerful anti-inflammatory. The lemon offers vitamin C and bioflavonoids. And yes, it tastes great, as many of the people in our cooking classes will tell you. This smoothie makes enough to fill a Vita-Mix so divide the recipe in half if you are using a regular blender.

Ingredients:

- 2 apples, cored and cut into chunks
- 2 ripe pears, cored and cut into chunks
- 1 to 2 cups water
- 2 lemons, juiced
- 1 to 2-inch piece fresh ginger, peeled and sliced
- 5 kale leaves, rinsed and torn
- 5 romaine lettuce leaves, spinach leaves, or collard greens, rinsed
- 1 cup coarsely chopped green cabbage, optional

Optional Additions:

- 1 to 2 kiwi fruit
- 1 handful of fresh parsley or mint leaves
- 2 to 3 Tablespoons flax seeds
- ½ cup soaked goji berries

Instructions:

- 1) Place the apple chunks, pear chunks, water, and lemon juice into a blender fitted with a sharp blade or a Vita-Mix and blend until smooth and creamy.
- 2) Add the ginger, kale, romaine lettuce, and green cabbage, and blend again until very smooth. Add more water for a thinner smoothie.
- 3) You can taste it now and if it is too "lettucy" for you then add another pear and blend again. Add more water for a thinner consistency.

This recipe is from Whole Life Nutrition Cookbook.
