

Chia fruit pots

Preparation time 10 minutes, serves 4

Ingredients:

8 tsp. chia seeds
2 cups almond / coconut milk
1 tsp vanilla extract, optional

2 cups frozen berries
8 tbsp. natural yoghurt
4 tbsp. flaked almonds
2 tsp maple syrup, optional

Directions:

- The night before you need it, place chia seeds, milk and vanilla in a glass or Tupperware container and mix well. Store in the fridge to firm up overnight
- Cook berries in a saucepan on a medium heat for a few minutes and allow to cool
- Heat a dry frying pan and toast almonds for 2 – 3 minutes
- In the morning, divide the chia pudding into 4 jars or bowls. Top with the natural yoghurt, berry compote and almonds and serve. Drizzle with a little maple syrup

The natural yoghurt in these pots gives your immune system a boost of friendly bacteria, while the berries are rich in vitamin C. Chia seeds a a good plant-based source of anti-inflammatory omega 3 essential fats and their antioxidant content support immune health.

Miso maple kale salad

Preparation time 10 minutes

Ingredients:

2 tsp white miso
2 tsp toasted sesame oil
1 – 2 tsp maple syrup
1 bag of kale
1 red pepper, diced
1 yellow pepper, diced
½ pomegranate
1 handful toasted nuts
½ red chili, finely diced, optional

Directions:

- Make dressing by mixing miso, toasted sesame oil and miso together in the bottom of a large bowl. Thin with a little water (1 – 2 tbsp.)
- Pull kale leaves off tough stalks, finely slice and place in the bowl with the dressing. ‘Massage’ the kale leaves in the dressing for a couple of minutes
- Add the rest of the ingredients and mix well

Serve with some fish, tofu or cold meat for a complete meal. This robust salad keeps well for at least 24 hours.

Miso paste can be found in health food stores and some supermarkets. White miso has a milder taste and is a good starting point for those new to miso. Miso is rich in beneficial bacteria which support gastrointestinal and immune health. Peppers provide immune-boosting vitamin A and fresh kale is rich in vitamins A and C.

Fresh immune boosting tea (4 cups)

Peel and slice a thumb-sized piece of fresh ginger and / or fresh turmeric. Add to a saucepan with 2 cups of water and peel of ½ organic lemon. Simmer on low heat for 10 minutes, then pour ¼ into a mug with juice of ½ lemon and 1 tsp. manuka honey. Top with boiling water and serve.

Immune-boosting recipes

Not pot noodles

Preparation time 10 minutes, cooking time 8 minutes, serves 1

Ingredients:

2 tsp. white miso paste
¼ - ½ tsp fresh grated ginger
¼ red chilli, sliced
½ clove garlic, grated
1 tsp toasted sesame oil
2 tsp soy sauce
½ tsp veg bouillon powder e.g. Marigold
Portion wholegrain noodles
1/3 courgette, grated or spiralized
1 carrot, grated or spiralized
1 spring onion, finely sliced
Handful baby spinach leaves
Handful frozen peas
Sliced tofu / shredded cooked chicken

Directions:

- Place the miso, ginger, chilli, garlic, toasted sesame oil, soy sauce and veg bouillon in the bottom of a large jam or mason jar and stir well
- Add wholegrain noodles. Depending on the variety, these may need to be briefly cooked beforehand
- Fill the jar with the veg and tofu / chicken and keep in the fridge
- When ready to eat, pour boiling water into the jar to cover the contents, put the top on the jar and shake well.
- Leave for 10 minutes, then stir well and eat

Use a variety of vegetables, depending on what you have at home. Frozen veg can also be used.

A variety of wholegrain noodles can be used in this recipe, including soba noodles. Some varieties will need a little longer to cook, so simply precook these in boiling water for 2 – 3 minutes the night before, when assembling your jar.

Ginger and garlic help to support the immune system and the fresh vegetables boost your levels of vitamin C. Miso paste adds beneficial bacteria and a lovely umami flavour.

Pina Colada Smoothie

Preparation 10 minutes, cooking time 15 minutes serves 3 - 4

Ingredients:

1 cup fresh / frozen pineapple
1 kiwi, peeled
½ avocado, peeled and stoned
1 cup baby spinach / 1-2 cubes frozen spinach
small piece fresh ginger
1 tbsp. linseeds / protein powder (optional)
2 cups coconut water

Directions:

- Blend ingredients together. Dilute further with water or more coconut water if necessary

Kiwi fruit and spinach are great sources of vitamin C, while the avocado is a good source of healthy fats and vitamin A. Ginger has anti-microbial and anti-bacterial properties to help boost immune function. For extra immune support, add probiotic coconut yoghurt or a teaspoon of manuka honey.