

# IMMUNE SUPPORT RECIPES

Health-promoting  
foods, herbs, and  
spices that naturally  
support a healthy  
immune system



Canadian Covid Care Alliance  
Alliance canadienne pour la prévention  
et prise-en-charge de la covid





# IMMUNE BOOST TEA

Source: Dr Landon McLean  
<https://www.whistlernaturopath.com>

## Ingredients:

- 1 inch piece ginger root
- 1 inch piece tumeric root
- 1-2 garlic cloves
- 2-3 slices of lemon
- Cayenne pepper
- Honey

## Directions:

- In a medium sized pot, add ginger, tumeric, garlic, lemon and a small dash of cayenne.
- Fill the pot 3/4 full with water, bring to a boil and then simmer.
- Let it simmer for 10 minutes.
- Remove from the heat and let it stand for a few minutes until it's the temperature that you like. You may use the ingredients a second time to make another batch of (weaker) tea.





# IMMUNE-ENHANCING BROTH

Source: Elisa Graci - Nutritionist  
@elisagraci

## Ingredients:

- 3 cups bone or veggie broth
- 1-2 star of anise
- 5-10 cloves of fresh garlic
- 1 ounce astragalus root slices
- 1 onion
- nettle leaf
- sea salt and pepper
- a handful of medicinal mushrooms (turkey tail, reishi, shiitake, chaga, or other medicinal mushrooms)

## Directions:

- Combine all ingredients and simmer 4-6 hours.
- Strain the broth and season with salt and pepper to taste.
- You can make this broth ahead of time and freeze in ice trays for use when you feel an infection coming on, or you can drink several times per week for an enhanced immune boost.



# ELDERBERRY SYRUP

Source: Dr. Nadine Cyr, ND

## Ingredients:

- 1 cup dried elderberries (or 2 cups of fresh berries, if you can find them)
- 4 cups water
- ½ cup raw organic honey

## Directions:

- Using a sauce pan or small pot, add the elderberries (dried or fresh) to 4 cups of water and simmer for one hour.
- Strain the berries and place them in the compost.
- Put the remaining elderberry juice back in the pot, bringing it to a simmer.
- Add ½ cup honey, making sure it completely melts and infuses creating the perfect elderberry syrup.
- Bottle and store in the refrigerator for up to 4 weeks. (Honey acts as a preservative - but since this recipe has half the typical honey added to a medicinal syrup, make sure to refrigerate.)





# PINE NEEDLE TEA

Source: Deborah Brakeley

## Ingredients:

- 2-3 tbsp pine needles, chopped
- 1 cup boiling water

## Directions:

- Pour boiling water over the needles. Let tea steep in a covered teapot for at least 15 minutes.
- This health-building tea can be enjoyed hot or cold. Small amounts (up to 3 cups) can be sipped throughout the day,

NOTE: Either pick or purchase pine needles. If you pick them, make sure you identify which trees have edible needles, several do not. I pick spruce and cedar tree needles. They are best in the spring and may be frozen or dried. They keep in the fridge for an extended length of time.



# HERBAL FREEZIES

Source: Little Warrior Nutrition Instagram  
@LittleWarriorNutrition

## Ingredients:

- 1 tbsp chamomile flowers
- 1/2 tbsp dried spearmint
- 1/2 tbsp dried liquorice root
- 2 cups boiling water
- Elderberry syrup

## Directions:

- Add herbs to a mason jar and top with boiling water. Put the lid on the jar and let steep for 10-30 minutes, then strain.
- In freezie or popsicle moulds add about 1/2 tsp of elderberry syrup to each mould and top with the the infusion. Freeze and enjoy!





# FIRE CIDER

Recipe is reprinted with the permission of the author,  
and was originally published at  
<https://nourishedkitchen.com/fire-cider/>.

## Ingredients:

- 3 ounces peeled & diced ginger root
- 3 ounces chopped yellow onion
- 1 1/2 ounces minced garlic cloves
- 1 1/2 ounces diced and peeled horseradish
- 1 1/2 ounces jalapeños/chili peppers
- 1 cinnamon stick
- 1/2 tbsp whole black pepper corns
- 2 cups raw apple cider vinegar (with mother)
- 1/2 cup honey

## Directions:

- Place the vegetables and spices in quart-sized jar. Cover with apple cider vinegar, adding additional vinegar to cover the contents of the jar as necessary.
- Seal the jar, and store in cupboard out of direct sunlight at least 1 month and up to 6 weeks. Shake daily.
- Strain the vinegar, discarding the solids. Next, stir in the honey until fully dissolved. Store at room temperature up to 6 months and in the fridge up to 18 months.

### SUGGESTED USES:

- As a tonic shot 1-2 tbsp straight or mixed with water when feeling sick.
- Use as a vinaigrette.
- Mix in herbal teas.
- Drizzle on roasted vegetables.

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