

Immune-Boosting Kitchen Medicine - Recipes for Immunity

The Healing Diet: Adena Rose Ayurveda

Simple Recipes to Assist Agni

Ginger-lemon Nectar

3" Fresh Ginger

1 Lemon

1 T Honey

Grate the ginger and squeeze - or juice it. Mix lemon and honey. Very spicy/pungent, it's so good, but be careful not to overdo it! Great before meals, or during Kapha time of day when a cold is coming on.

The Classic Combo

2 Tablespoon Raw Honey

1.5 Tablespoon Turmeric Powder

+ Optional pinch of Black pepper/pippali/cinnamon

Mix together, lick off spoon! This amount is fine to eat in one day. Add other spices for more pungency. Great if you feel a cold coming on, or sore throat.

Mamaji's Magic

1 cup Milk

1/2 c Water

1 tsp Turmeric

1 tsp Raw Honey, optional

Add all ingredients EXCEPT honey, and simmer for 5 minutes. Pour into a mug, and stir in honey. Great for Vata type colds.

Recipe for Ojas

Nourishing Morning Shake

Best for Vata and Vata Season

4 or 5 dates

handful almonds (soaked overnight and peeled)

1 cup water

1 cup milk (or almond milk, or more water)

1/4 tsp cardamom

Warm milk and water, add cardamom. Peel almonds, then put all ingredients in blender. Makes a filling breakfast. Traditionally used over longer periods of time for rebuilding.