

14 RECIPES TO BOOST YOUR IMMUNITY



GOOD GUT

14 Recipes to Boost Your Immunity

TEAS & DIGESTIVES



CCF Tea (Cumin, coriander, and fennel)

[See Recipe](#)



Tulsi Turmeric Ginger Tea

[See Recipe](#)



The 'Extraordinary' Ginger Lime Pickle

[See Recipe](#)

GOOD GUT



Fresh Cilantro Chutney

[See Recipe](#)



Probiotic Buttermilk

[See Recipe](#)

SOUPS, STEWS & SIDES



Immunity Broth

[See Recipe](#)

GOOD GUT



Creamy Cauliflower Soup with Taro Root (Vegan)

[See Recipe](#)



Anti-inflammatory Broccoli Soup

[See Recipe](#)



Beets & Greens

[See Recipe](#)



Healing Mung Bean Soup

[See Recipe](#)

GOOD GUT



Broccoli Rice

[See Recipe](#)



Indian-spiced Brussel Sprouts

[See Recipe](#)

[See all recipes on Buttered Veg](#)
[See all recipes on Good Gut Ayurveda](#)

SNACKS & BREWS



Golden Milk

[See Recipes](#)

GOOD GUT



Cooked Banana

[See Recipe](#)



BONUS: Cooked Apple

[See Recipe](#)

I hope you enjoy these recipes. When you click through and read the description, you will that I like to share my thought process about developing the recipes and also the health benefits.

You will learn a lot just by reading through the posts, but you will learn even more by actually making the recipes.



To your health and happiness always,
Keep in touch!

Andrea Hayley-Sankaran
andrea@goodgutayurveda.com