



**IMMUNITY BOOSTING
RECIPES FOR COLD, COUGH
AND INFECTIONS**

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- Group Nutrition Consultations
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Black seed oil (6 months)

1 tablespoon daily above 1yr for 5 days
1/2 teaspoon daily below 1yr for 5 days

You can also mix it with; 1/2 tablespoon of olive OR palm oil OR cold pressed coconut oil + 1/2 teaspoon of honey (from 1 year)

DOSAGE: Once Daily for 5 days. If after 5 days the cough gets worse, a fever starts or the cough does not decrease please take the child to a hospital.

Garlic Cough Syrup (12 months+)

INGREDIENTS: 6 cloves of Garlic, 1 cup of raw Honey, 1 tbspn of immunity mix, 1 onion pureed

METHOD: Chop the garlic and add it to a GLASS JAR. Add the the honey, onions and immunity mix into the GLASS JAR and stir till well combined. Place it in the fridge for at least 48 hours before use

DOSAGE: 5mls twice a day for 5 days. If after 5 days the cough gets worse, a fever starts or the cough does not decrease please take the child to a hospital.

Lemon and Gingam tea (12 months)

INGREDIENTS: 1 Lemon, 1 small Ginger root, 2 tablespoon of Honey, 1 teaspoon of Cloves

METHOD: Into a pot add 200ml of water, add grated ginger, cloves and boil. Turn off the heat and set aside for 2 mins. Sieve the water into a cup and add lemon juice and honey. Stir till well combined.

RECOMMENDATIONS: 1 YR UPWARDS-90ML TWICE A DAY, ADULTS AND TEENS-120ML TWICE A DAY

If after 5 days the cough gets worse, a fever starts or the cough does not decrease please take the child to a hospital.

Gineapple Syrup (6 months)

INGREDIENTS: 2 cloves of Garlic, 6 pineapple chunks, Half a Ginger root, 1/4 cup lemon/water

METHOD: Add all ingredients into a blender and blend smooth

RECOMMENDATIONS: 60-90ml daily for 5 days. If after 5 days the cough gets worse, a fever starts or the cough does not decrease please take the child to a hospital.

Vit C Shot Smoothie (6 months)

INGREDIENTS: 1 Tbspn Baobab sweetener (**Baobab + Dates fruit powder**)
1 Cup Freshly squeezed orange juice, 1/2 cup Pawpaw chunks

Method: Add all ingredients into a blender and blend till smooth. Serve IN OUR REUSABLE POUCHES

Sunshine Smoothie (12 months+)

INGREDIENTS: 1 cup Carrot juice, 1/2 cup Beetroot chunks, 1/2 cup Agbalumo (African Cherry) OR 1/4 cup lemon juice, 1 cup Orange juice, 1/2 piece ginger root, 1-2 teaspoons pure date paste/honey (honey frsmall om 1 year).

Method: Add all ingredients into a blender and blend till smooth. Serve IN OUR REUSABLE POUCHES

Cold Buster Smoothie (6 months)

INGREDIENTS: 1 banana, frozen, 1 large orange, peeled and segmented, 1 cup frozen mango OR pawpaw OR pineapple chunks, 1 small carrot, peeled and coarsely chopped, **1/4 teaspoon immunity mix powder**, 1/2 cup juiced orange

Method: Add all ingredients into a blender and blend till smooth. Add more juiced orange to adjust the consistency if desired. Serve IN OUR REUSABLE POUCHES

Tropical Green Smoothie (12 months)

INGREDIENTS: ½ cup coconut OR **tigernut milk powder** OR almond milk, ⅓ cup plain Greek yogurt, 1 cup baby spinach/Ugu leaves, 1 cup frozen banana slices, ½ cup frozen pineapple chunks, 1 tablespoon chia seeds, 1-2 teaspoons pure date paste/honey (honey from 1 year).

Method: Add all ingredients into a blender and blend till smooth. Add more juiced orange to adjust the consistency if desired. Serve IN OUR REUSABLE POUCHES