

# WILDLY SIMPLE EATING FOR IMMUNE RESILIENCE



## CULINARY NUTRITION WORKSHOP

Supporting the immune system is an everyday endeavour and there are two sides to it. We want to focus on bringing the good stuff in while reducing, or optimally eliminating, that which impairs optimal immune function. The easy, doable and everyday recipes shared in this workshop invite you to explore simple ingredients, possibly used differently than you may have enjoyed them in the past.

The goal: make these recipes part of your regular eating and let a few convenience things fall away.

### Carrot Ginger Soup

Prep Time: 10 minutes

Cook Time: 25 minutes

Yield: 4 servings

#### Ingredients

- 1 Tbsp avocado oil, coconut oil, butter or ghee
- 1 small onion, chopped
- 3 tsp minced fresh ginger root
- 6-8 large carrots, peeled and chopped
- 4 cups water
- ½ tsp salt or more to taste

#### Extra Immune Power: Add Any or All Of These

- Swap 4 cups water for 4 cups broth
- 2 tsp grated lemon zest + extra for garnish
- 1 tsp ground turmeric or 2 tsp fresh chopped turmeric root
- 3 cloves garlic, minced
- Pinch of cayenne
- Dollop of coconut or cashew cream

#### Instructions

1. In a medium pot, heat the oil over medium heat and add onion. Sauté until translucent, about 5 minutes.
2. Add ginger (and garlic and turmeric if using) and stir for another two minutes.
3. Add carrots and water/broth, salt (and lemon zest, if using) and simmer for 20 minutes or until carrots are fork tender.
4. Remove from heat and allow to cool. Transfer in batches to a blender or food processor and mix until smooth. Transfer back to pot, taste and add cayenne if desired to desired heat. Add lemon juice, if using.
5. Serve hot.

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## CULINARY NUTRITION WORKSHOP

### Savoury Seasoned Nuts

Prep Time: 2 minutes  
Cook Time: 20 minutes  
Yield: 3 cups

#### Ingredients

- 3 cups of nuts/seeds of choice (mix of almonds, sunflower seeds, pumpkin seeds, pecans, cashews)
- 3 Tbsp avocado or olive oil
- About 2-3 Tbsp preferred spice mix

(You do not need all of these spices/herbs to make this. Use what you have and play around.)

#### Smoky

- 1 Tbsp smoked paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ - 1 tsp salt

#### Garlic Herb

- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt

#### Pumpkin Spice

- 1Tbsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp turmeric
- ½ tsp allspice
- ½ tsp ground cloves
- ¼ tsp ground nutmeg
- ¼ tsp ground anise
- 1 Tbsp coconut sugar (very, very optional)

#### Instructions

1. Preheat oven to 350 and cover a baking sheet with parchment paper.
2. In a small bowl, combine desired spice mix.
3. Toss nut/seed mix in oil.
4. Sprinkle on spice/herb mix and toss well until everything is evenly coated. Taste a few nuts to ensure you like the taste. It will heighten when you bake it so be mindful of adding too much salt or spice.
5. Add a single layer of the coated nuts/seeds to the parchment-lined baking sheet.
6. Bake for 10 minutes, remove from oven and mix around with a spatula.
7. Bake for another 10 minutes and remove from oven to cool. They will crisp up as they cool.
8. Once completely cool (if you haven't eaten them all off the pan!), store them in an airtight container.

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## CULINARY NUTRITION WORKSHOP

### Baked Apples Like It's 1988

Prep Time: 10 minutes

Cook Time: 1 hour

Yield: 4 servings

#### Ingredients

- 4 apples
- 2 Tbsp fresh lemon juice
- 1/3 cup water

#### Filling

- 3/4 cup raisins, cranberries or dried berry of choice
- 3/4 cup chopped walnuts, pumpkin seeds and/or sunflower seeds
- 2-3 tsp cinnamon
- Pinch nutmeg
- 2-3 Tbsp honey or maple syrup (optional)

#### Instructions

1. Preheat oven to 350.
2. Core apple using a melon baller, leaving the bottom of apples intact so they hold the stuffing.
3. Mix filling ingredients together and scoop into apples.
4. Place apples in a baking dish with the lemon and water in the bottom of the dish.
5. Bake uncovered for about 50–60 minutes, until apples are tender.
6. Serve hot with a dollop of sweet cashew cream if desired (recipe below).



**Did you make this?**

Tag @culinarynutrition & @meghtelpner so we can see and share your creations

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# WILDLY SIMPLE EATING FOR IMMUNE RESILIENCE



## CULINARY NUTRITION WORKSHOP

### Sweet Cashew Cream

Prep Time: 5 minutes

Cook Time: 0 minutes

Yield: ¼ cup

#### Ingredients

- ½ cup cashews, soaked (if you don't have time to soak, use a full ½ cup of water)
- 1 Tbsp lemon juice
- 1 Tbsp maple syrup or more to taste
- 1 tsp vanilla extract (optional)
- ¼ cup water

#### Instructions

1. Place all ingredients into your high-speed blender, except water, and blend until smooth and creamy. Add water 1 Tbsp at a time until desired consistency is achieved. You may need to scrape down the sides frequently. If you don't have a high-powered blender, you can make this in your food processor, fitted with the s-blade, scraping down the sides regularly. The cream will thicken slightly when refrigerated.
2. Will keep in your fridge for 4 days.

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