



# Immune Boosting Recipes



Enjoy some of my favorite recipes to kick-off your new health plan and boost your immune system whenever you start to feel run-down or when you're starting to feel sick.

– Darin Ingels, ND FAAEM, Author of *The Lyme Solution*

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## Darin Ingels, ND, FAAEM Immune Boosting Recipes

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## Thank you for joining my community!



DARIN INGELS, ND,  
FAAEM

Thank you for signing up to receive my newsletter. I hope you'll find the information helpful as you work toward achieving better health. Here are some of my favorite immune boosting recipes, which include warm soups, delicious salads, gut-healing bone broth, whole foods wraps, nutritious bowls and my favorite smoothie. These were all designed to pack lots of nutrients into each dish, with incredible flavor!

Each recipe may easily be modified to your specific taste if you prefer different flavors and spices. I have included spices that have known immune enhancing and anti-inflammatory benefits, such as turmeric, garlic, onions, leeks, elderberry and raw, organic honey. The best thing about these recipes is that they are easy to prepare in just a short amount of time. I know how busy life can get, so I wanted recipes that weren't going to take a lot of time in the kitchen. I think you'll be amazed at how easy these recipes are to make, even for the simplest of cooks.

If you are feeling run down or like you get sick frequently, adding supplements to your regimen may also help you feel better. I like to add vitamin C and beta-glucans to my smoothie to kick my immune system up a notch. If I really feel like I'm coming down with something, I'll add in some elderberry or Manuka honey. These taste delicious and I know they are helping support my immune system. Always consult your healthcare provider before taking nutritional supplements to make sure they are right for you. I have added some of my favorite immune combinations that you can find in my online store.

In Health and Happiness,

A stylized, handwritten signature in black ink, appearing to read 'Darin Ingels'.

Darin Ingels, ND, FAAEM





## Darin Ingels, ND, FAAEM Immune Boosting Recipes

All of the recipes provided are gluten- and casein-free. I have also designed them to be free of most other common allergens, including soy, eggs and corn. Most of the recipes are Alkaline Diet-friendly or can be easily modified to maintain a healthy pH. Please avoid any of the ingredients or recipes if you have a known allergy or sensitivity to that ingredient.

I recommend that you make these with organic, whole food products when possible. If your immune system is already under fire, then keeping your food chemical-free can only help. If you are trying to keep a budget, check out “The Dirty Dozen” foods published each year by the Environmental Working Group (ewg.org), which shows the 12 foods are the most heavily contaminated with pesticides and herbicides.

This way, you can at least choose which foods you want to be most particular about when making your food choices.

## Take your health to the next level with **The Lyme Solution**

Because you're part of our community, you're already an insider when it comes to the latest in research, essential supplements and nutritional guidance, including delicious recipes. Now, with my new book, you'll have a step-by-step roadmap to regaining your health.

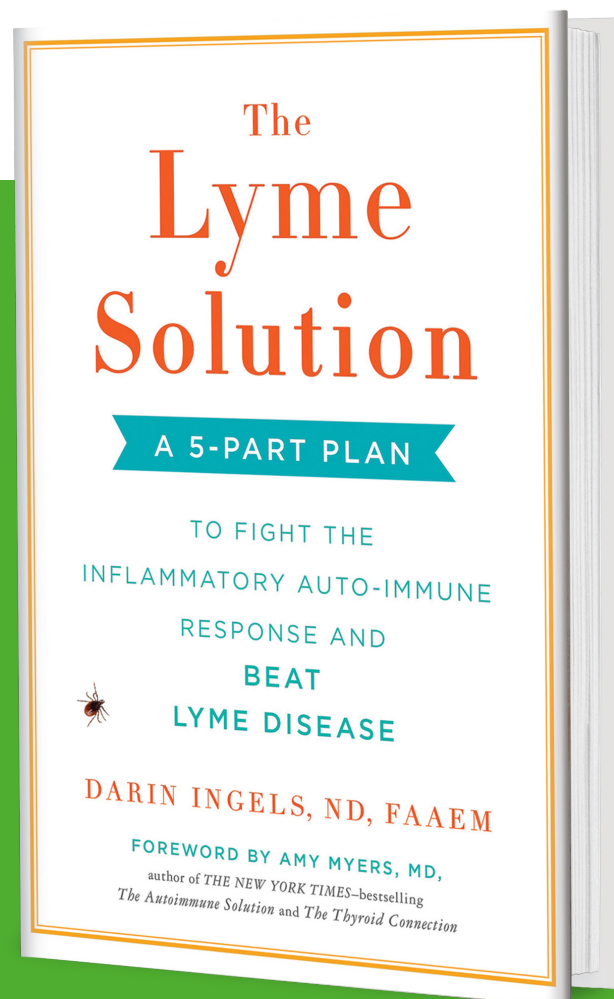
Inside *The Lyme Solution* you'll discover:

### Chapter 4: The Immune-Boosting Diet

You'll learn why alkalinity is paramount for Lyme recovery, and master which foods to eat and which to avoid to recalibrate your health.

The food lists, menu plans, and 14 days of delicious and nourishing meals will support your detoxification and help you achieve the critical goal of alkalizing your body, so that each cell is working the way it should.

Making dietary changes is never easy, but when you try it and start feeling better, you'll realize it's worth the effort.



**Click here to order your copy today!**

## INGREDIENTS

2 and a half cups of organic arugula

2 small beets, chopped into 1-inch pieces

8 organic Peruvian uncured olives, use [these](#)

1 tablespoon organic hemp seeds

1 tablespoon organic sunflower seeds

1 tablespoon organic raw pumpkin seeds

### For dressing:

2 teaspoons organic garlic, finely chopped or minced with a garlic press

2 tablespoons organic flax oil

1 tablespoon, plus 1 teaspoon Braggs apple cider vinegar

2 teaspoons kimchi liquid (just the liquid from kimchi bottle)

1 tablespoon pumpkin seed oil

1/8 teaspoon fine sea salt

Fresh cracked pepper, to taste

1/4 teaspoon coconut aminos

1/2 teaspoon fresh organic chopped oregano leaf

1/2 teaspoon organic coconut nectar



## Alkalizing Super Salad

In a small bowl, combine all dressing ingredients. Using a whisk, stir vigorously until emulsified and smooth, about 1-2 minutes.

Bunch arugula on a medium-size plate. Place beets, all seeds and olives on top.

Next, drizzle dressing over salad. With tongs, mix salad to incorporate dressing evenly.

Serve and enjoy!

Makes 1 serving

## Read Chapter 3: The Gut Protocol that Restores Your Immune System

to learn what “Leaky Gut” is, why it matters, and what you can do about it!

## INGREDIENTS

1.5 pounds butternut squash, chopped into 2 inch pieces

1 pound organic ground turkey, white or dark meat is fine

2 organic garlic cloves, finely chopped or minced

1 large red onion, diced

2 tablespoons organic, extra virgin coconut oil

4 cups organic kale, chopped into 2-inch pieces (stems removed)

1 tablespoon organic lemon juice

Fresh organic thyme

1 teaspoon sea salt



## Kale, Turkey & Butternut Squash Stew

In a cast iron stock pot, add oil, onion, garlic and sauté on medium high heat for 3-4 minutes, with lid on. Next, add butternut squash, half cup filtered water and sprinkle 1/2 teaspoon sea salt into the pot and stir. Cover with lid and cook on medium heat for 6 minutes. Remove lid, add kale and stir. Add 1 teaspoon thyme. Cover and let simmer for another 5 - 6 minutes.

While that cooks, in a separate stainless steel skillet, over medium high heat, add 1 tablespoon of organic, extra virgin coconut oil and 1 pound of ground turkey. With a wooden spoon or spatula, break up the meat into smaller pieces and brown until no pink is visible; about 6 minutes. Add 1/2 teaspoon of sea salt and stir. Add 1 tablespoon organic lemon juice and 2 teaspoons of thyme. Stir for another minute. Remove turkey from skillet and add to butternut and kale stew. Stir to incorporate everything. Remove from heat.

Serve and enjoy!

Makes 4 servings



## INGREDIENTS

1.5 organic avocados  
(medium size)

1 and a half cups  
cooked quinoa  
(any color you prefer,  
cook according to  
package directions)

1 and a half cups of  
kimchi

3 tablespoons of  
coconut aminos

1/2 cup of sauerkraut

12-14 organic Swiss  
chard leaves

Bamboo steamer



## Healthy Gut Kimchi Roll

Wash the Swiss chard thoroughly and inspect it for any tears. Do not use torn leaves. Make sure leaves are around the same size, 6-7 inches wide and 8-9 inches in length works well. Cut thick stem at end of each leaf off.

Fill large pot with one inch of warm water and place steamer basket in pot. Arrange the leaves in the steamer in opposite directions to cover steamer completely.

Place lid on pot and steam over medium-high heat for 10-13 minutes. After 8 minutes, check the leaves to see if they have softened by using a fork and poking into the thickest part of the leaf and stem. If it is difficult to push the fork through, then return to steamer and cook for another 5 minutes. If it is soft, but not soggy, then it is ready.

Shut off heat. Remove lid and wait for steam to dissipate. Pull out the leaves gently with tongs and place on a plate. Run the plate with the leaves under cold water for 1-2 minutes or until the leaves have cooled completely.

Drain all water from leaves and pat each leaf dry with a paper towel or cloth.

Assemble ingredients in separate bowls.

Mix the coconut aminos into the cooked quinoa. Set aside.

Mix kimchi with sauerkraut and set aside.

Cut avocado in half. Remove seed. Take one half and with a knife make slices lengthwise. You should be able to get 7-8 slices for each half.

Next, laying one leaf at a time on a plate, add 1 tablespoon of quinoa, then kimchi mixture and last, add 2 slices of avocado on top. It should be all in a neat small pile in the middle of the leaf. Make sure you have about 2 inches of leaf on each side of the pile mixture. Take the side closest to you and cover the pile. Take the other side of the leaf and place it over the part just rolled. Repeat this for the other side. With all corners tucked in, continue to roll all the way up until the end of the leaf. Turn over on opposite side and plate. These can be a little messy but they are well worth it.

Serve and enjoy!

Makes 12 roll-ups

## INGREDIENTS

2 pounds of organic sweet potatoes

1/4 cup of coconut oil

1 tablespoon organic garlic, finely chopped or minced

2 tablespoons of organic adobo powder, (Frontier brand)

1/2 teaspoon sea salt

2.5 teaspoons of Muchi curry powder (Frontier brand)

1 stainless steel baking/cooling rack

1 medium size cookie sheet

Gloves for hand mixing



## Flu Fighter Immune Fries

Preheat oven to 450°F.

Slice potatoes lengthwise into 5 inch strips, about half an inch thick.

Once all the potatoes are cut into strips, place them all in a large bowl. (If you don't have your gloves on yet, now is a good time to put them on.)

Next, drizzle oil on fries, mix with hands to ensure all are evenly coated with oil.

Sprinkle in sea salt, adobo and garlic. Mix well, making sure all fries are coated.

Sprinkle in curry powder and mix with hands until they are all evenly coated.

Place unbleached parchment paper on a large cookie sheet. Place cooling rack on top.

Place handfulls of fries on rack and spread out evenly, making sure they are not on top of each other. Place in oven on middle rack for 25 minutes. Remove from oven. Using tongs, flip fries over and return to oven for another 4-6 minutes.

Remove fries and allow to cool 5 minutes before taking them off the rack.

Serve and enjoy!

Makes 5 servings



## INGREDIENTS

1 Tovolo Lollipop Ice Pop mold

1/2 cup organic cherries, frozen is best for this. Allow to defrost for 2 hours

2/3 cup cherry juice (from defrosted cherries)

1 teaspoon organic raw honey

1 tablespoon filtered water

1 teaspoon organic lime juice

1 teaspoon full fat organic coconut milk

1 scoop buffered vitamin C powder

4 teaspoons elderberry syrup (Gaia brand)

1 teaspoon grated fresh organic ginger



## Ultimate Immune Lollipop

Place all ingredients into a Vitamix or similar type blender. Blend on high for 1-2 minutes.

Pour into ice pop mold according to manufacturer's directions.

Once frozen, enjoy one pop per day!

Makes 4 servings

## INGREDIENTS

2 scoops of Ingels Detox Plus chocolate powder

2 cups of ice

2 ounces of filtered water

4 ounces of coconut or almond milk, carrageenan-free

1 small organic banana

1 tablespoon organic almond butter

1 teaspoon organic flax oil

1 teaspoon raw honey

1 teaspoon organic almond extract

1 tablespoon raw cocoa nibs for topping (optional)



## Chocolate Almond Immune Enhancer Shake

In a Vitamix or similar type blender, add milk, water, banana, chocolate powder, almond extract and honey. Pulse on high for 20 seconds then add almond butter. Blend on high for 1-2 minutes.

Pour into a glass and top with cocoa nibs.

Serve and enjoy!

Makes 1 serving



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## INGREDIENTS

2 packages (15.2 ounces each) of Pacific brand bone stock, unsalted

1 cup of finely chopped organic leeks

2 tablespoons of extra virgin organic coconut oil

2 organic garlic cloves, finely chopped or minced

2 teaspoons organic adobo (Frontier brand)

1 teaspoon Muchi Curry powder (Frontier brand)

1/2 cup of organic full fat coconut milk

3 tablespoons of organic coconut vinegar

1 teaspoon organic fresh lime juice

1/2 teaspoon organic, grated fresh ginger

1 and a half tablespoons of coconut aminos



## Quick Immune Soothing Bone Broth

In a cast iron stock pot, over medium high heat, add oil, leeks and garlic. Sauté for 4 minutes, stirring occasionally. Next, add bone stock, adobo, curry powder, lime juice, ginger, coconut milk, coconut aminos, and coconut vinegar. Stir and cover with lid.

Reduce heat to medium low and simmer for 7 minutes. Shut off heat. Allow to cool for five minutes. Pour into bowl or large mug.

Serve and enjoy!

Makes 3 servings



## INGREDIENTS

1 head organic cauliflower, processed into "rice" using food processor

3 cloves organic garlic cloves, minced or finely chopped

1 large red onion, diced

3 medium sized organic carrots, chopped into 1/4th inch thick slices

3 tablespoons avocado oil

2 cups sliced Shiitake mushrooms

1 cup chopped Maitake mushrooms

1/2 teaspoon of sea salt

1 tablespoon grated fresh organic ginger

1 and a half cups of organic peas (frozen works well, defrost before adding to dish)

4 tablespoons Braggs apple cider vinegar

6 tablespoons coconut aminos

2 tablespoons Red Boat brand fish sauce

1 teaspoon fresh organic lime juice



## Maitake Mushroom & Cauliflower Stir Fry

In a large stainless steel skillet, over medium high heat, add oil, onions and carrots and sauté for 4 minutes. Next, add cauliflower, ginger, garlic, salt and mushrooms. Sauté for 2 minutes. Add peas, coconut aminos, apple cider vinegar, lime juice and fish sauce. Mix well, stirring to evenly incorporate all ingredients.

Sauté for 6-7 minutes on medium to high heat, stirring every 2 minutes.

Remove from heat and allow to rest for 2-3 minutes.

Serve and enjoy!

Makes 6 servings

## INGREDIENTS

### For smoothie bowl:

- 1 cup organic baby kale, washed
- 1 teaspoon organic spirulina powder
- 1 cup coconut milk, carrageenan free
- ½ organic avocado
- 1 tablespoon organic raw honey
- 1 scoop Ingels Detox Plus chocolate powder
- 1 and a half cups of ice
- 1 small to medium size organic banana
- 8 organic strawberries (fresh or frozen is fine)

### For topping:

- 1 tablespoon organic goji berries
- 1 tablespoon raw organic chia seeds
- 1 tablespoon raw organic walnuts
- 1 tablespoon raw organic sunflower seeds
- 2 tablespoons organic mulberries
- 4-1 inch slices of organic banana
- 1 organic strawberry cut into 4 slices



## Super-Powered Smoothie Bowl

In a Vitamix or similar type blender, add only ingredients for smoothie bowl and blend on high for 2 minutes.

Pour into a small bowl and top with sliced banana, strawberries and 2 tablespoons of organic mulberries (dried is fine, too).

Top with 1 tablespoon of each: goji berries, sunflower seeds, chia seeds and walnuts.

Serve and enjoy!

Makes 2 servings



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**INGREDIENTS**

1 package Veggie Wrawps (you can get them here: [thrivemarket.com/wrawp-original-wraps](http://thrivemarket.com/wrawp-original-wraps))

1 pound organic grass-fed ground beef

2 cloves of garlic, minced or finely chopped

1 large yellow onion, diced

2 tablespoons coconut oil

1 tablespoon organic adobo powder

1 tablespoon organic fresh ground turmeric root

1 tablespoon apple cider vinegar

Handful of organic baby kale



## Turmeric Beef Wrawp

In a stainless steel skillet over medium high-heat, add oil, onions and garlic and sauté for 4-5 minutes.

Next, add the beef. Using a wooden spoon or spatula, break up the meat into small pieces. Add adobo and apple cider vinegar. Stir. Add the turmeric and stir. Continue browning. Beef is done when there is no pink showing. Remove from heat.

Lay one Wrawp flat on a cutting board and place 7-8 baby kale leaves down on it. Next, add 5 ounces of the beef on top. Make sure the ingredients are spread in a neat row across the width of the Wrawp. Take the side closest to you, fold it over the meat, tucking it in and rolling until you reach the end of the wrawp. Slice in half, diagonally.

Serve and enjoy!

Makes 1 serving



## You're on Your Way to Better Health!

I hope you find these recipes enjoyable and fun to make. It is a great way to feed your body the right kinds of foods to help you heal and feel well again. If you find that you're dealing with a chronic illness, having a hard time staying well, or constantly getting sick, you may want to consider trying to get to the source of what is keeping you ill.

Our immune system is complex and can be affected by various factors, such as diet, allergies, infections, hormone imbalances or stress. If you are ready to take the next step in achieving better health, seek out a naturopathic or functional medicine practitioner who can help guide you in regaining your health. We are always here to help you if you have trouble finding a local practitioner.

We are interested in your well-being and are happy to be your partner in your health journey if needed. For more information about Dr. Ingels or our clinic, please see the resources below.

My website and blog:

[www.DarinIngelsND.com](http://www.DarinIngelsND.com)

My store:

<http://store.dariningelsnd.com>

Facebook:

[www.facebook.com/dariningelsnd](http://www.facebook.com/dariningelsnd)

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