

Village Health Clinic

RECIPES

Immune Support Breakfast

This recipe is used to strengthen the immune system and is often recommended to patients by our physicians. Modify as needed for your personal dietary needs, as it is not designed to be hypoallergenic.

4 cups Rolled Grains

Begin by using the following proportions, adjust as necessary: 2 cups rolled oats (flakes); use 4 cups if other grains are unavailable. 2 cups other rolled grains; i.e. rye, barley, and/or rolled rice flakes.

2 cups Oat Bran

1/2 cup Dried Fruit [*Raisins, dates, blueberries, currants, cranberries (unsulphured)*]

1 cup Sunflower Seeds and/or Pumpkin seeds (can be ground)

1 cup Nuts [pecans, walnuts, almonds]

1 cup Lecithin Granules

1 cup Ground Flax Seed

1 cup Milk Thistle (*Silybum Marianum Seeds*)

Spices Try coriander, fennel, and/or turmeric. Begin with 1 tsp. of each. Experiment with ginger, cinnamon and other herbs/spices.

- Grind flax seeds and milk thistle seeds (available at health food stores) in a coffee grinder, blender, or meat grinder. Next, combine all ingredients and keep in refrigerator.
- Soak for 30 minutes or longer before eating (i.e. overnight). Use water, soy milk, rice milk, almond milk, apple juice, goat's milk yogurt, etc.