

Taste Good Feel Good 'Flu Foods'

Hot Ginger with Lemon

1 large piece of fresh organic ginger root, about 3 inches,
peeled

2 cups purified water

1 large organic lemon

Stevia, raw honey or agave to sweeten, optional

1. Place ginger in a blender with water and puree on high until liquid. Pour into a glass jar.
2. Squeeze a lemon into a large mug and add 2 oz. of ginger water. Add sweetener if desired.
3. Fill the cup with hot water. Stir well and enjoy!
4. Store remaining ginger juice in a glass jar in the refrigerator.

Great Garlic Soup

1 whole head of organic garlic, peeled and chopped

2 large onions, peeled and chopped

2 Tbs. extra virgin olive oil

2 medium zucchini, chopped

1 medium potato, chopped

3 cups organic chicken or vegetable stock

1 cup chopped fresh parsley

Himalayan salt and black or cayenne pepper to taste

Lemon wedges

1. In a soup pot, sauté minced garlic and onions over medium heat until caramelized. Stir frequently and reduce heat if necessary. The slow cooking will sweeten the onions and garlic.
2. Add zucchini and potato and sauté for an additional 10 minutes.
3. Add stock and bring to a simmer until potatoes are tender.
4. Puree in a blender until smooth. Return soup to pot and add parsley. Taste and adjust seasoning.
5. Serve hot with a squeeze of fresh lemon.



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