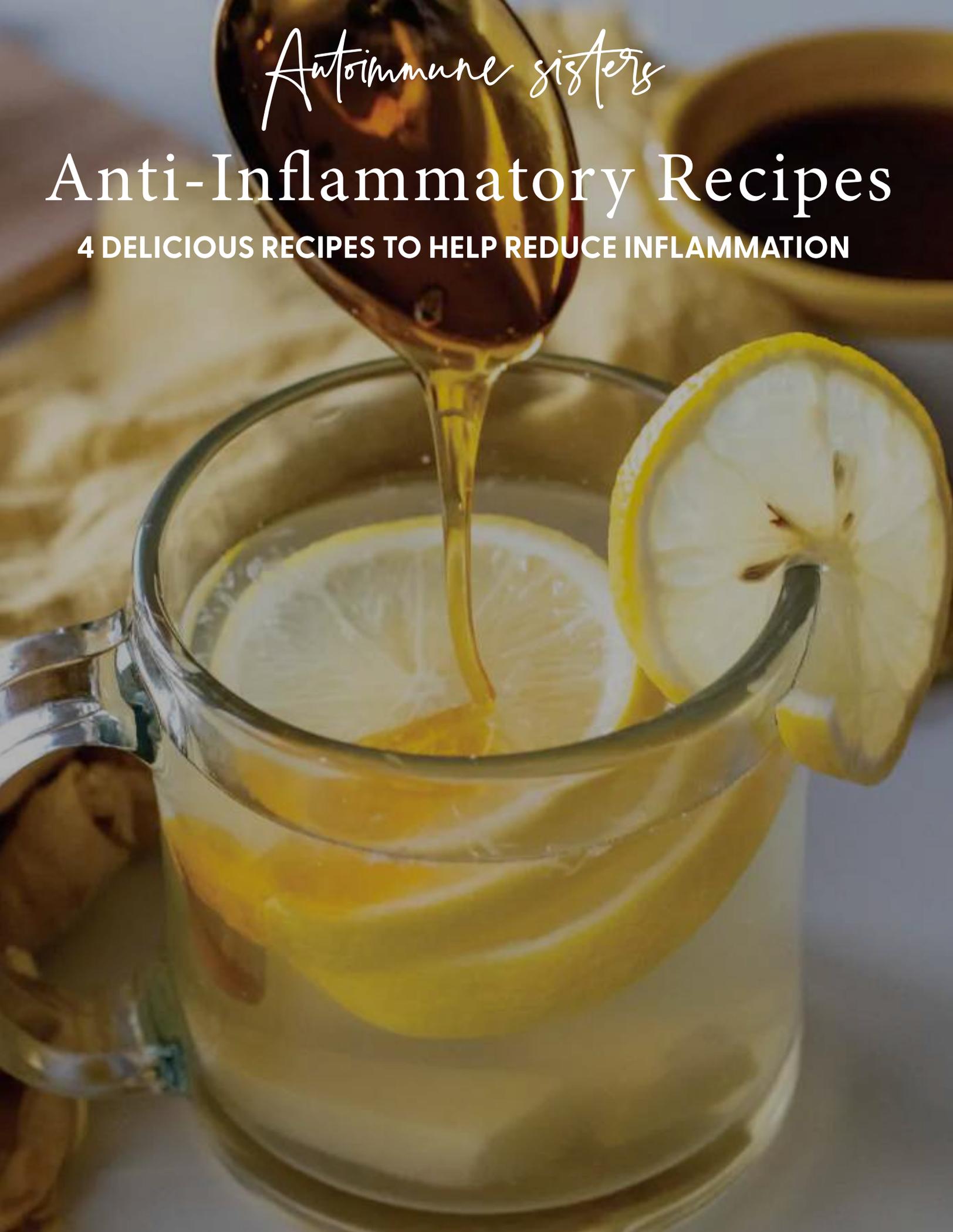


Autoimmune sisters

Anti-Inflammatory Recipes

4 DELICIOUS RECIPES TO HELP REDUCE INFLAMMATION



Recipe for Ginger Lemon Tea

Yield: 1 serving

Ingredients

- 2 cup hot water
- 2–3 thumbs ginger root, peeled
- 1 lemon, cut into slices
- Raw honey, to taste

Instructions

1. Begin by filling a mug with hot water (either by boiling the water on the stovetop, or placing in the microwave).
2. Skin ginger, and slice lemon (after rinsing).
3. Place lemon and ginger into the mug, and allow to steep for at least 5 minutes.
4. Add honey to taste.

Find it online: <https://cleancuisine.com/ginger-lemon-honey-tea/>



Turmeric Smoothie

Yield: 1

Ingredients

- 2 organic carrots, steamed and chopped
- 1 tablespoon lemon juice
- 2 cups frozen pineapple
- 1 frozen banana
- 1/2 cup filtered water
- 1/4 cup **whole flaxseeds** or **hemp hearts**
- 2 teaspoons **organic turmeric root powder**
- 1 teaspoon **pure vanilla extract**
- 1/2 cup ice cubes, as needed*



Instructions

1. In a small saucepan, place the chopped carrots with 1/4 – 1/2 cup of filtered water along with the lemon juice and steam over medium heat. Cook the carrots for 4-5 minutes, or until carrots softened (TIP: Make sure a fork easily slides into the carrot.)
2. Transfer carrots and any remaining liquid to a glass bowl and place in the freezer for 10 minutes to chill.
3. To a **high speed blender**, add the frozen pineapple, frozen banana, flax seeds or hemp hearts along with the turmeric and vanilla. Process on high speed until smooth and creamy.
4. Add the chilled carrot-lemon mixture to the blender and process again until smooth and creamy. If too watery, add in some ice cubes and process again. Drink chilled.

Notes

*Depending on how much liquid you used to steam the carrots will determine if ice cubes are needed.

Find it online: <https://cleancuisine.com/turmeric-smoothie/>

Homemade Yogurt with Coconut Cream

Yield: 6-8 servings

Ingredients

- 40 ounces **coconut cream**
- 1 teaspoon cane sugar or 1 tablespoon pasteurized **honey**
- 1 yogurt starter culture or probiotic powder
- 1 tablespoon **high quality gelatin**

Instructions

1. Begin by pouring everything but 1/2 cup of the coconut cream into a medium-sized saucepan, and place on low heat. Pour the remaining 1/2 cup into a small bowl.
2. Evenly sprinkle the gelatin over the coconut cream in the small bowl, and set aside to bloom for 3-5 minutes.
3. Once bloomed, add the gelatin coconut cream mixture to the saucepan, and stir until fully dissolved, being sure to keep the mixture from exceeding 104°F (if mixture does exceed 104°F, you should remove from heat, and allow mixture to cool before proceeding).
4. Remove from heat, and add probiotics or starter, alongside honey or sugar to mixture. Stir until fully dissolved.
5. Pour coconut yogurt mixture into **yogurt maker**, and place on 100°F for 24 hours.
6. Once yogurt has fermented for 24 hours, pour into glass containers and seal with an airtight lid. Place the jar in the fridge to set for 6+ hours.
7. After setting, the gelatin and coconut cream will have formed two layers. Simply place in a blender or use a stick blender to combine.
8. Keep refrigerated for up to 10 days. Enjoy!



Find it online: <https://cleancuisine.com/recipe-for-homemade-yogurt-with-coconut-cream/>

Bone Broth Recipe Chicken

Yield: 12 servings

Ingredients

- 1.5 pounds bones (marrow, feet, etc.)
- Enough water to cover bones (approximately 12 cups)
- 1 leek
- 3 bay leaves
- 2 cloves garlic
- 2 tablespoons **apple cider vinegar**
- 2 tablespoons lemon juice
- 2 tablespoons fresh parsley
- Himalayan pink** or sea salt to taste



Instructions

1. Wash and chop veggies and herbs.
2. Peel garlic cloves.
3. Add all ingredients to a **slow cooker** and place on low for 12 hours.
4. Once timer is up, remove from heat, and strain.
5. Enjoy warm, and store leftovers in fridge for around 5 days, or in the freezer for longer term storage.

Find it online: <https://cleancuisine.com/bone-broth-recipe-chicken/>