

BOOST YOUR IMMUNITY THIS WINTER

January 2025

What are antioxidants?

Antioxidants neutralize free radicals which are unstable molecules that can cause harm to our cells. They also reduce the risk of many diseases such as heart disease and certain cancers. Vitamins A, C, and E are typically rich in antioxidants. Phytochemicals such as lycopenes and anthocyanins also have antioxidant properties.

Immune-Boosting Foods



Ginger



Garlic



Turmeric



Bell Peppers



Broccoli



Mushrooms

Tips for strengthening your immune system:

1) Get enough sleep

Recommended 7-9 hours



2) Exercise regularly

60 minutes of physical activity a day



3) Eat a balanced diet

Follow MyPlate standards



4) Stay hydrated

Try infusing your water with berries or citrus fruits



Vitamins/ Minerals that Support Immunity

Vitamin C → Vitamin D → Zinc → Iron



Miso and Butternut Soup



Ingredients:

- 2 tsp rapeseed oil
- 1 large onion, chopped
- 400g butternut squash, skin-on, cut into chunks
- 2 garlic cloves, chopped
- 210g can butter beans, drained
- 2 tsp vegetable bouillon
- 80g shredded kale, finely chopped
- 2 tsp sesame oil
- 2 tsp toasted sesame seeds
- 2 tsp finely grated ginger
- 1 tbsp brown rice miso

Directions:

- 1) Heat the oil in a large pan and fry the onion for 5 mins to soften. Add the squash and garlic, and stir for a minute. Add the beans and bouillon along with a liter of water, then cover and simmer for 20 mins until the squash is tender.
- 2) Meanwhile, steam the kale for 10 mins, then toss together with the sesame oil, seeds and ginger.
- 3) Add the miso to the soup, then blitz until smooth using a hand blender. Pour into bowls and top with the sesame kale mix to serve.



Terps With Taste

Check out our newest Terps With Taste Blog Post!
terpswithtaste.weebly.com

