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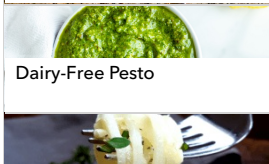
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Smoked Herring, Dates and Pistachio on Toast



Pressure Cooker Kitchari



Coyo with raspberries



Winter Buddha Bowl



Salmon Stuffed Avocado Boats



5-Minute Golden Milk



Fire Cider Vinegar

How to Make Fire Cider

20 servings

672 hours 30 minutes

Ingredients

1/2 cup Freshly Peeled And Grated
Ginger Root
1/2 cup Freshly Grated Horseradish
Root
1 1/2 cups Yellow Onion (chopped)
10 cloves Of Garlic (crushed or
chopped)
1 Organic Jalapeño Peppers (chopped)
1 Lemon (zest and juice)
1 tbsp Tablespoon Turmeric Powder Or
2 Tablespoons Freshly Grated Turmeric
Root
1 tbsp Freshly Peeled And Grated
Ginger Root
1/4 tsp Cayenne Powder
3 tbsps Apple Cider Vinegar
1/4 cup Raw Honey (or to taste)

Directions

- 1 Add ginger, horseradish, onion, ginger, garlic, jalapeño peppers, lemon zest and juice, turmeric and cayenne powder into quart-sized glass jar.
- 2 Pour apple cider vinegar in the jar until all the ingredients are fully covered and the vinegar reaches the top of the jar. You want to be sure all the ingredients are covered to prevent spoilage.
- 3 Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or use a plastic lid if you have one.
- 4 Shake jar to combine all the ingredients and store in a dark, cool place for 4-6 weeks, remembering to shake the jar a few seconds every day.
- 5 After one month, use a mesh strainer or cheesecloth to strain out the solids, pouring the vinegar into a clean jar. Be sure to squeeze out as much of the liquid as you can. This stuff is liquid gold! The solids can be used in a stir-fry or you can compost/discard them.
- 6 Add honey to the liquid and stir until incorporated.
- 7 Taste your fire cider and add more honey if needed until you reach your desired sweetness.
- 8 Store in a sealed container in the refrigerator or in a cold, dark place.
- 9 Drink 1-2 Tablespoons when needed.



Ginger Lemon Honey Tea

2 servings

20 minutes

Ingredients

- 1 tbsp Inch Piece Fresh Ginger (peeled)
- 2 cups Water
- 1 tbsp Lemon Juice
- 2 tsps Honey (or to taste)

Directions

1. Cut the ginger into disks.
2. Bring the water and ginger to a boil. Cover, reduce heat to low and let steep for 5-10 minutes.3. Remove ginger from water.3. Add the lemon juice and honey to the water and stir to dissolve honey.4. Serve tea in mugs.*Make sure to thoroughly cool for little ones before serving



Steeped Goji Berry Tea

1 serving

5 minutes

Ingredients

2 tbsps Goji Berries
1 cup Water (boiled)

Directions

1

Place the Goji berries in a teacup and pour boiled water over top. Cover and let steep for 5 minutes.

2

Sip your tea with the Goji berries left in. You can eat them as you go. Enjoy!



Instapot Chicken Soup "for the soul"

8 servings

1 hour 30 minutes

Ingredients

3 1/2 lbs Whole Roasting Chicken (cut up)
 3 stalks Celery (leaves and stalks, cut into chunks,)
 2 Large Carrots (cut into chunks)
 2 Yellow Onions (peeled and halved)
 1 Parsnip (optional)
 10 sprigs Parsley (stems and leaves)
 2 tsps Black Peppercorns (whole)
 2 Bay Leaves
 2 tsps Kosher Salt (more to taste)
 6 units Astragalus Pressed Roots (optional)
 3/4 cup Shiitake Mushrooms (dried whole, optional)
 1 unit 8 Inch Strip Of Kombu (Optional)
 1 tbsp Apple Cider Vinegar
 3 tsps Reserved Chicken Fat (more if needed)
 3 Leeks (rinsed and sliced crosswise into thin half-moons, can sub onion)
 3 Large Carrots (peeled and cut into small dice)
 6 ozs Tolerant Red Lentil Pasta (Or other pasta, penne, or thick cut noodle)
 1/2 cup Parsley (chopped for topping)
 1 bunch Scallions (chopped for topping)

Directions

- 1 Place the chicken, celery, carrots, onions, parsnip (if using), parsley, peppercorns, bay leaves, pple cider vinegar and salt and optional astragalus, shitake, kombu into a pressure cooker or instapot and fill to the line with water.
- 2 Pressure cook on high for 45 minutes
- 3 When cool enough to handle, use tongs to transfer chicken from the pot to a container. Strain broth through a fine sieve (or a colander lined with cheesecloth) into a separate container. Discard all the solids from the strainer.
- 4 Refrigerate chicken pieces and broth separately for at least 8 hours (or up to 3 days), until a thick layer of yellow fat has risen to the top of the broth.
- 5 When ready to finish the soup, use your fingers to separate chicken breast meat from bones and skin. Discard bones and skin. Use two forks to pull the breast meat apart into soft chunks, or use a knife and cut into bite-size pieces. (Reserve 1/4 of the meat for another purpose, ie. chicken salad)
- 6 Skim chicken fat from top of broth and set aside. Place 3 tablespoons of the fat in a soup pot with a lid. Add leeks, stir to coat, and heat over medium heat until leeks begin to fry. Then reduce the heat to a gentle sizzle and cook, stirring often, until slightly softened, about 3 minutes.
- 7 Add carrots, sprinkle with salt, stir, and cover the pot. Cook until vegetables are just tender, about 5 minutes more. (Keep in mind that vegetables will continue to cook in the soup.) Do not brown.
- 8 Pour broth into pot with vegetables and heat to a simmer. Add noodles and simmer until heated through, soft and plumped with chicken broth. Add the breast meat, then taste broth and add salt and pepper to taste. For best flavor,

soup should have some golden droplets of fat on top; if needed, add more chicken fat one teaspoon at a time.

9

Serve immediately, in a tureen or from the pot, sprinkling each serving with herbs.



Rebecca's Immune Broth

16 servings

12 hours

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 3 units Carrot (washed and chopped)
- 1 bulb Yellow Onion (chopped with skin)
- 3 stalks Celery (chopped)
- 10 Garlic (cloves with skin)
- 1 unit Sweet Potato (with skin)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 tbsp Dried Herbs ((mix of thyme, oregano, sage, rosemary))
- 3 tbsps Dried Seaweed Strips ((kombu, nori or kelp))
- 3 tbsps Nettles Leaf (dried)
- 10 units Astragalus Pressed Roots (optional)
- 1/2 cup Shiitake Mushrooms (dried)
- 16 cups Water

Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 24 hours, up to 48 hours. Make sure water does not get too low.
- 2 After 24-48 hours, strain the broth through a strainer or mesh sack. Discard the bones and vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.



Pressure Cooker Bone Broth

4 servings

3 hours

Ingredients

- 1 Whole Chicken Carcass
- 2 Carrot (medium, chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 5 cups Water

Directions

- 1 Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
- 2 Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
- 3 Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!



Immune support balls

23 servings

20 minutes

Ingredients

1 cup Rice Puffs Cereal
 3/4 cup Gluten Free Rolled Oats
 1/2 cup Unsweetened Coconut Flakes
 1/4 cup Ground Flax Seed
 3 tbsps Cocoa Powder
 3 tbsps Cordyceps Mushroom Powder
 (or Reishi)
 6 Probiotic Capsules (open up and
 empty the powder in a bowl)
 1 cup Almond Butter (Or other nut
 butters (cashew, peanut))
 1/3 cup Raw Honey

Directions

- 1 Mix coconut and puffed rice and oats.
- 2 Mix wet ingredients and warm in microwave for 30 seconds.
- 3 Mix wet and dry and stir in the powdered herbs.
- 4 Roll into 1 inch balls. Layer balls in glass container, separated by parchment paper.
- 5 Put balls in fridge or freezer.



Jello Immune Shots

9 servings

15 minutes

Ingredients

2 cups Juice (prefer red, blue like blueberry or POM)
2 tbsps Elderberry Syrup
1 tsp Vitamin C Crystals (prefer buffered)
1 tbsp Gelatin

Directions

- 1 Mix 1/4 cup juice with gelatin in a bowl.
- 2 Heat the remaining juice.
- 3 When the juice is nice and hot, add Vitamin C and elderberry and stir well.
- 4 Add the juice mixture to the gelatin/juice and stir well.
- 5 Pour into a shallow 8 x 8 inch pan.
- 6 Let cool and then put in fridge to harden.



Homemade Fudge with mushroom powder

4 servings

5 minutes

Ingredients

1/4 cup Melted Coconut Oil
1/4 cup Cacao Powder
1/3 cup Coconut Sugar
1 tbsp Unsweetened Rice Or Oat Milk
1 pinch Sea Salt (optional, leave out if
nut butter is salted)
1 tbsp Cordyceps Mushroom Powder

Directions

- 1 Line a small bowl with seran wrap and set aside.
- 2 In a small pan, combine melted coconut oil, cacao, sugar, mushroom powder and salt.
- 3 Whisk until smooth. Add nondairy milk then blend some more.
- 4 As soon as it's smooth, pour into prepared bowl. Place in fridge and let set for 30 min.



Rebecca Katz's Magic Mineral Broth

8 servings

2 hours 20 minutes

Ingredients

3 units Unpeeled Organic Carrots (cut into thirds)
 1 bulb Unpeeled Medium Organic Yellow Onion (cut into chunks)
 1 Organic Leek (both white and green parts, rinsed well, cut into thirds)
 1/2 bunch Organic Celery (including the heart, cut into thirds)
 3 cloves Unpeeled Organic Garlic (halved)
 1/2 bunch Fresh Flat Leaf Organic Parsley
 2 Medium Organic Red Potatoes With Skins On (quartered)
 1 Organic Japanese Or Regular Sweet Potatoes With Skins On (quartered)
 1 Organic Garnet Yam With Skin On (quartered)
 1 unit 8 Inch Strip Of Kombu
 1 Bay Leaf
 6 Black Peppercorns
 3 Whole Allspice Or Juniper Berries
 1 1/2 tsps Sea Salt

Directions

1

Scrub and rinse carrots, potatoes, sweet potatoes and yam well. Rinse the remaining vegetables well, including the kombu. Place all the ingredients, except the salt, in a large 6-8 quart stockpot. Fill with water to 2 inches below the rim of the pot. Cover and bring to a boil; reduce to low and simmer, uncovered, for 2-3 hours. Simmer until the full richness of the vegetables can be tasted. Add salt and stir.

2

Strain stock; bring to room temperature and refrigerate or freeze.



Kombucha elderberry spritzer

1 serving

1 minute

Ingredients

2 ounces Kombucha
6 ounces Seltzer Water
1 tsp Elderberry Syrup (Optional addition)

Directions

1

Pour both kombucha with seltzer water into a drinking glass. Stir in the elderberry syrup if available for an extra immune boost. Enjoy a homemade soda!



Sauerkraut (real)

1 serving

5 minutes

Ingredients

1/4 cup Sauerkraut (Bubbies, hex or other brand that is refrigerated and fermented. Not brined in vinegar.)

Directions

- 1 Scoop sauerkraut out of the jar and add to your meal. Enjoy!



Sardine Spread with Cucumbers

1 serving

5 minutes

Ingredients

3 ozs Sardines (in oil, drained)
1 1/2 tbsps Mayonnaise
2 1/2 tbsps Apple Cider Vinegar
1/2 Cucumber (sliced)

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!



Lentil Salad with Ten Spices

6 servings

40 minutes

Ingredients

1 1/2 cups French Green Lentils
(uncooked)
1 cup Currants
1/3 cup Capers
1 1/2 cups Red Onion (finely chopped)
1 cup Pistachios
1/2 cup Extra Virgin Olive Oil
1/2 cup Apple Cider Vinegar
2 tsps Garam Masala
1 tsp Ground Cumin
1 tsp Dry Mustard
1 tsp Curry Powder
1/2 tsp Ground Turmeric
1/8 tsp Ground Cinnamon
2 tsps Sea Salt & Black Pepper

Directions

- 1 Cook lentils as stated on package
;
- 2 Whisk together olive oil, ACV and spices
;
- 3 Combine lentils, currants, capers, red onion, nuts and dressing. Refrigerate



Dairy-Free Pesto

8 servings

10 minutes

Ingredients

3 cups Basil Leaves
1/2 cup Pine Nuts (roasted)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Capers
1/2 tsp Miso Paste
1/2 cup Extra Virgin Olive Oil
1 tbsp Nutritional Yeast
6 cloves Garlic

Directions

- 1 Add all ingredients to a food processor and blend.
- 2 Transfer to a jar and enjoy!



Rutabaga Noodles

2 servings

15 minutes

Ingredients

4 cups 2 Rutabaga, Medium (or turnips,
peeled except for the purple part)
1 tbsp Ghee
2 Garlic Cloves (minced)
1/4 cup Chicken Broth (homemade
ideal)
2 pinches Salt

Directions

- 1 INSTRUCTIONS:
- 2 Spiralize the rutabaga
- 3 Heat a saute pan over low, add ghee, then add garlic, stir for about 1 minute.
- 4 Add rutabaga noodles, saute for 5 minutes, stir occasionally so they cook evenly.
- 5 Add broth, cover pan with a lid.
- 6 Allow to cook until begin to soften, stir occasionally.
- 7 Add salt.
- 8 Remove noodles from heat when broth is mostly absorbed & noodles are "al dente".
- 9 Add topping of choice.



Smoked Herring, Dates and Pistachio on Toast

1 serving
10 minutes

Ingredients

- 1 1/2 tbsps Plain Greek Yogurt
- 1 slice Whole Grain Bread (toasted)
- 1/2 oz Smoked Herring Fillet (sliced or shredded)
- 2 tbsps Pitted Dates (sliced)
- 1 tbsp Pistachios (shelled, chopped)
- 1 tbsp Maple Syrup

Directions

1

Spread the greek yogurt evenly over toast. Top with smoked herring, sliced dates, pistachios and maple syrup. Enjoy!



Pressure Cooker Kitchari

4 servings

30 minutes

Ingredients

3/4 cup Basmati Rice (dry)
 3/4 cup Dry Red Lentils
 1 tsp Cumin
 1 tbsp Turmeric
 1 tbsp Curry Powder
 1 head Cauliflower (chopped into florets)
 1 Carrot (medium, diced)
 4 cups Organic Vegetable Broth
 1 tbsp Coconut Oil
 1 tsp Sea Salt
 1/4 tsp Black Pepper
 1 cup Cilantro (chopped)

Directions

1

Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.

2

Divide between bowls and top with cilantro. Enjoy!



Coyo with raspberries

1 serving

2 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/4 cup Raspberries

Directions

1

Mix and serve



Winter Buddha Bowl

4 servings

40 minutes

Ingredients

1 head Cauliflower (cut into florets)
1 Carrot (chopped into 1 inch rounds)
1 Beet (chopped into 1 inch pieces)
1 Turnip (chopped into 1 inch pieces)
1 Parsnip (chopped into 1 inch pieces)
2 cups Chickpeas (cooked, drained and rinsed)
1 cup Quinoa (uncooked)
1 1/2 cups Water
1/4 cup Tahini
3 tbsps Extra Virgin Olive Oil
1 Lemon (juiced)
1 Garlic (clove, minced)
1/4 tsp Sea Salt
4 cups Kale Leaves

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!



Salmon Stuffed Avocado Boats

1 serving

10 minutes

Ingredients

1 Avocado
4 ozs Canned Wild Salmon
1/4 Lemon (juiced)

Directions

1

Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.

2

Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.

3

Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!



5-Minute Golden Milk

2 servings

5 minutes

Ingredients

1 1/2 cups Light Coconut Milk) (canned is best, but carton works too)
1 1/2 cups Unsweetened Plain Almond Milk) (DIY or store-bought)
1 1/2 tsps Ground Turmeric
1/4 tsp Ground Ginger) (see notes for fresh*)
1 Whole Cinnamon Stick) (or 1/4 tsp ground cinnamon // I prefer the stick!)
1 tbsp Coconut Oil
1 pinch Ground Black Pepper
1 pinch Stevia Powder (i.e. can sub with monk fruit)

Directions

- 1 To a small saucepan, add coconut milk, almond milk, ground turmeric, ground ginger, cinnamon stick, coconut oil, black pepper, and sweetener of choice (I usually add 1 Tbsp (15 ml) maple syrup // amount as original recipe is written // adjust if altering batch size).
- 2 Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
- 3 Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.
- 4 Serve immediately, dividing between two glasses and leaving the cinnamon stick behind. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop or microwave until hot.