



Light & Love Naturopathic Center

1045 West Don Diego Ave, Santa Fe, NM ♥ (505) 955-9919

Immune Boost Soup

Ingredients:

- ♥ 1 small yellow onion
- ♥ 3 cloves garlic
- ♥ ½ to 1 inch fresh ginger root
- ♥ 1 large Lemon freshly squeezed
- ♥ Cayenne pepper

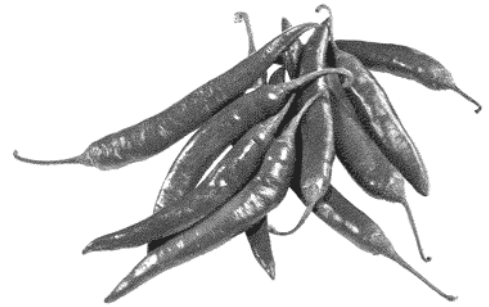


- 1st Chop onion, garlic, and ginger into small pieces.
- 2nd Place in bowl or Budum[©] like tea press.
- 3rd Add 2 cups boiling water & let steep for 15 minutes.
- 4th Strain the soup.
- 5th Add the Lemon juice & a pinch of Cayenne

Reheat on stove if necessary.

Variation:

Soak some chopped Reishi Mushrooms in Boiling water and add to soup.



Sip & Enjoy

