



namaste health center

Immune Boost Soup

Ingredients:

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

Chop onion, garlic, and ginger into small pieces.

Place in bowl or Bodum- like tea press.

Add 2 cups boiling water & let steep for 15 minutes.

Strain the soup.

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.