



## ***Recipes to beat colds and flu!***

### **1. Herb roasted bone marrow**

#### *Ingredients:*

- Marrow bones from grass-fed, pasture-raised beef, 1-2 pieces per person
- 1/4 teaspoon (per marrow bone) Fresh rosemary and fresh thyme, chopped coarsely
- Salt to taste
- (Black pepper and chopped garlic are nice additions, but not necessary for a delicious treat)

#### *Directions:*

- Preheat oven to 425 degrees.
- Place thawed bones in a baking dish. Sprinkle with herbs and salt (and pepper and garlic if using). Roast for about 15 minutes, until just done but before marrow starts to cook out of the bones.
- Scoop out marrow with a spoon and serve hot with sautéed veggies and greens or put on crusty toasted bread. Or eat with a salad. Spicy arugula is a nice counterpoint to the rich marrow.
- Save any drippings and leftover marrow in an airtight container. Finely chopped marrow is a lovely addition to hot cooked veggies. And by all means save the bones when you are done for...

## **2. Bone Broth:**

### *Ingredients:*

- 1 - 2 Marrow bones left over from recipe 1.
- 1 - 2 Soup bones with or without meat on them.

### *Directions:*

- In a crock pot, cover bones with water and a dash of apple cider vinegar (to help draw all the minerals out of the bones), and simmer for 24-48 hours. Salt to taste.

You can roast the soup bones at 450 degrees for 15-20 minutes before adding to the crock pot for more flavor. If you eat chicken, buying a whole chicken, roasting it and saving the skin and bones is a very economical way to get a delicious broth. Chicken stock can cook for a shorter time, 16-24 hours. Add chicken feet (loaded with collagen) for an extra-rich, tasty and healing broth. Try drinking a cup of hot bone broth every morning for a week to find out how great you will feel!

## **3. Manuka honey with garlic, cayenne and turmeric.**

### *Ingredients:*

- 3 cloves garlic
- ½ tsp cayenne pepper
- 2 - 3 tablespoons raw Manuka honey

### *Directions:*

- Crush the garlic.
- Add ½ tsp cayenne and raw Manuka honey and mix well. The mixture should be comfortably warm on the throat, not painfully hot.
- Take ½ tsp of the mix every hour until you start to feel improvement.
- Then take every 2-3 hours for another day or two or until the condition is resolved.
- Will last for several weeks in a glass jar in the fridge.

#### 4. Homemade Vitamin C powder made from lemon rinds.

*Ingredients:*

- **Organic citrus fruit is a must for this recipe.**
- Peels from a couple oranges, grapefruit and or lemons.

*Directions:*

- Wash your organic citrus fruit thoroughly, peel (leaving the white pith adds more nutrients), cut rind into strips, and dry on a dehydrator or in an oven on the lowest temp until completely dry and a little crispy. If the rinds get to above 125 degrees the vitamin C and enzymes will be lost, so be sure to dry them at a low temp.
- When dried, pulverize in a vitamix or herb/coffee grinder.
- Add the powder to a glass of water (this is not the tastiest way but certainly the simplest delivery system) or to a teaspoon of honey. Take 2-3 tsps per day if you feel a cold starting, or just as an immune system boost if you are feeling run down.
- It's great mixed in yogurt. My kids love a "pink drink" made from a ½ teaspoon of powder, a cup of plain yogurt or kefir, a little raw honey and frozen berries (the berries are the "pink" part of the drink). Lots of good probiotics from the yogurt and extra vitamin C from the berries helps boost the effectiveness of the powder.

#### 5. Turmeric Golden Milk

*Ingredients:*

- ½ cup water
- ¼ cup powdered turmeric
  
- 2 cups coconut milk
- ½ tsp cinnamon
- 1 tsp coconut oil
- 1 tsp – 1 tbsp turmeric paste, depending on your taste
- 1 tsp chopped ginger
- 2-4 peppercorns (pepper helps "activate" the turmeric and make it more effective)

*Directions:*

- Stir water and turmeric over gentle heat 7-10 minutes until a thick paste forms. Store the paste in a glass jar for up to 2 weeks.

*To make the milk:*

- Whisk remaining ingredients together and simmer 10 minutes.
- Strain and add a sweetener of your choice. A touch of honey, coconut sugar or Sucanat are great choices.
- Drink before bed and enjoy a great night's sleep!

## 6. Ginger Tea

### *Ingredients:*

- ½ " piece of fresh ginger, peeled and sliced
- 4 cups water
- Juice from ½ organic lemon or more to taste
- 1 - 2 teaspoons raw honey
- Optional: ¼ teaspoon cinnamon powder or ½ a cinnamon stick

### *Directions:*

- Simmer ginger slices and cinnamon stick or powder (if using) for 20 minutes.
- Strain tea and let cool until comfortable to touch. This temperature will be soothing for the throat and will allow the enzymes and vitamins in the lemon juice and honey to remain intact.
- Add honey and lemon juice and mix well.
- Enjoy!