

DAUGHTER EARTH'S 17 QUICK & EASY IMMUNITY BOOSTING RECIPES

Edited by
Aparna Gupta

DAUGHTER EARTH®

WE ARE WHAT WE EAT

DAUGHTER EARTH®

EDITOR'S NOTE



GUT. IMMUNITY. GLOWING SKIN.

The 'gut feeling' that refers to a strong intuition is not merely a phase. A clear gut is like a passport to stress-free living as your mind and body are always in sync.

On the external side, if your gut is clear, your body will feel lighter and your skin will glow; the genesis of what we call as *beautiful inside out*.

An interesting fact: our gut produces more than 90 percent of the body's serotonin, a hormone that helps regulate our mood or emotions. Our gut is filled with nerve cells that receive and provide information to the brain (basis of mind-body alignment). A clogged gut affects the way our body communicates with our brains, further clouding our judgments and decisions making skills.

It is, therefore, important to ensure that we nourish, soothe and fortify our gut. And if you are wondering where to begin, here's an edit of Immunity-Boosting & Gut-Friendly recipes.

Aparna Gupta

About Aparna Gupta:

Aparna Gupta is a renowned beauty columnist/writer and a Consulting Beauty Editor. An ex-beauty editor at the Times Luxury Division and Verve, she has years of expertise in wellness and scientific world of beauty, and regularly contributes to prestige and luxury magazines like Vogue, Lifestyle Asia and Livingfoodz.

Preface

Why do we need an immune-boosting diet?

Did you know that our immune system's biggest exposure to the outside world is through what we eat? Of course, regular exercise, emotional endurance and mental tenacity impact our immune system but it is necessary to understand that 70% of our immune system is in our gut. Every bite of food we eat is either building us up or taking us down. Now more than ever, we need to eat in a way that does not challenge our immune system.

The concept of immunity in Ayurveda

When we dive a little into the 7000 years old Vedic culture of India, Charaka defined Ayush (life) as a combination of the body, sense organs, mind, and soul. Concepts related to health, nutrition, and immunity are discussed with detail in nearly all classical texts of Ayurveda. According to Ayurveda, strong immunity is a product of good digestion, strong agni (the metabolic fire), quality liver functioning, and a balanced endocrine system (which includes appropriately balanced hormones). Immunity is also connected to mental health. In fact, our mind is more powerful than any other system in the body. Strengthening the mind, cleansing and de-stressing the mind is equally important.

What is a gut-friendly diet?

Our microbiome is in constant communication with all of our systems -- the immune system, the hormonal system and the cellular systems including those that manage our skin. The health of our microbiome dictates our overall health. And how we look, feel and think. It is important to maintain balance and diversity in our microbiome. The way to ensure that is to eat the things needed to promote gut health and diversity.

The Daughter Earth Glow-Guide

This ebook is a result of our extensive interactions with professionals in the medical community, Ayurveda, and nutrition. In this ebook, we have outlined the eating attitude mentioned in Charaka Samhita and compiled a comprehensive list of immunity-boosting, gut-resetting and detoxing recipes with an overarching objective of boosting the immune system through intelligent food choices.

[Explore the Recipes >>](#)

Excerpt from Charaka Samhita:

- Eat only when you feel hungry and after the previous meal is completely digested.
- One should be very mindful and consume the food consciously, with awareness of every bite.
- Diet should be balanced and must contain oils and fats.
- Take your time to eat without any anxiety.

01 TAMARIND RICE

Tamarind rice is a perfect meal to cook when you want something nutritious, easy and quick.

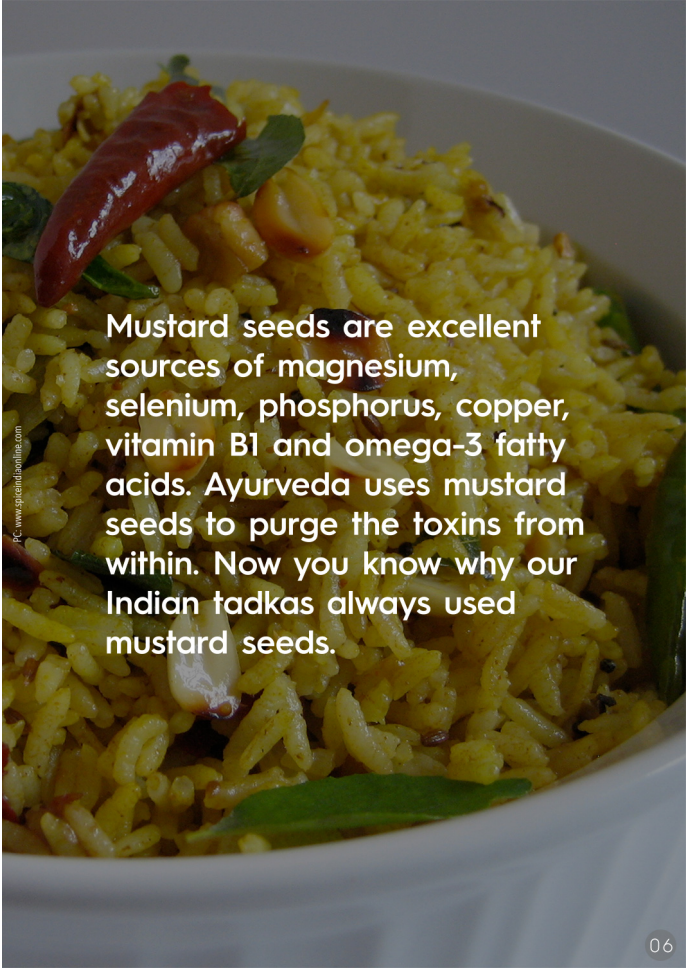
Ingredient List

2 cups of rice	½ tsp red chilli powder
½ cup tamarind	10 peanuts
3 whole red chillies	1 tsp salt
¼ cup curry leaves	¼ tsp turmeric powder
1 tsp mustard seeds	¼ tsp jaggery
1 tbsp chana dal	a pinch of asafoetida (heeng)
1 tsp urad dal	2-3 tbsp cooking oil (mustard/coconut)
¼ tsp fenugreek (methi) seeds	

Directions:

1. Heat oil and roast peanuts along with both the dals.
2. Saute till the dals splutter and slightly colored.
3. Now add curry leaves and whole red chillies. Mix them well.
4. Add salt, heeng, red chilli powder, and turmeric powder. Saute them well.
5. Add jaggery to the cooked mix and saute well.
6. Then add the tamarind pulp to the mix and saute till it becomes a semi-thick gravy.
7. Add this to the cooked rice and mix. Serve hot.

Editor's note: Tamarind is a natural laxative rich in Vitamin C that stimulates your metabolism and further keeps your digestive system strong.

A close-up photograph of a white bowl filled with yellow rice. The rice is mixed with various vegetables, including green beans, a whole red chili pepper, and some green leafy vegetables. The text is overlaid on the center of the image.

Mustard seeds are excellent sources of magnesium, selenium, phosphorus, copper, vitamin B1 and omega-3 fatty acids. Ayurveda uses mustard seeds to purge the toxins from within. Now you know why our Indian tadkas always used mustard seeds.



03 MORINGA & METHI CHAPATIS

This protein-rich Drumstick (Moringa) and Methi Chapati will make for a quick wholesome breakfast.

Ingredient List

1 cup whole wheat or multigrain flour	2 tbsp oil or ghee to cook
½ cup finely chopped drumstick leaves	parathas, to knead the
½ cup finely chopped methi leaves	dough
¼ tsp ajwain (carom seeds)	
½ tsp red chilli powder	
¼ tsp turmeric powder	
½ tsp garam masala (optional)	
salt, to taste	

Directions:

1. In a bowl add finely chopped moringa leaves, methi leaves, ajwain, red chilli powder, turmeric powder, wheat flour, oil, and salt. Mix well.
2. Add some water and keep kneading till you get the smooth dough.
3. Roll the parathas semi-thick/ thin by dusting some dry flour.
4. Heat up a tawa/skillet on medium heat and place the paratha and let it cook and drizzle some ghee on top.
Serve this 'Moringa and Methi' paratha with some tangy mint-coriander chutney to get a fill of your daily greens.

Editor's note: Moringa and methi both are great sources of plant-based protein for vegans. Moringa is rich in beta-carotene (vitamin A) and vitamin C and minerals such as iron and potassium. Methi or fenugreek is also a source of Vitamin K which helps in bone health and wound healing.



04 RAGI JAVA

Ragi Java is a popular probiotic drink from the South that is great for gut health. It is a nutritious gluten-free beverage that is high on fibers while being extremely filling and delicious.

Ingredient List

4 tbsp ragi flour
3 cups water
5 cups buttermilk
¼ tsp roasted cumin powder
10-12 curry leaves
2 chopped green chillies
1 tsp freshly chopped coriander
Salt to taste

Directions:

1. Mix a spoon of ragi flour in 1/2 cup of water. Make sure there are no lumps in the mixture.
2. Heat 2.5 cups of water in a pan. Once it comes to a rolling boil, slowly add the ragi mixture to the boiling water. Cook for 2-3 minutes, stirring continuously to avoid the formation of lumps.
3. Once cooled, slowly add the ragi mixture to buttermilk and whisk nicely.
4. Add salt, roasted cumin powder, curry leaves, and green chilli and mix well. Garnish with chopped coriander leaves.

Editor's note: According to Ayurveda, buttermilk is preferred to curd, as it is easier to digest, and has similar probiotic benefits. Addition of jeera and curry leaves makes it even better for the gut. When ragi or nachni is mixed with the classic buttermilk, it is like a meal in a glass as you also get a boost of fibre and calcium, which keeps you satiated and energetic for a long time.



05 RADISH BUTTER MILK

This Andhra style *Majjiga Charu* is a gut-friendly and probiotic drink which is tad spicy but tastes awesome! It can be savoured with rice as a side dish as well as a warm spicy drink in between meals.


Ingredient List

1 cup of finely grated radish (white or red)
4 cups of buttermilk
1 onion chopped
2-3 strands of curry leaves
1 green chilli
4 garlic cloves either chopped or mashed
½ tsp jeera
¼ tsp each mustard and methi seeds
2 nos dried red chilli
1 tsp ginger and garlic paste,
Salt, turmeric and pepper to taste

Directions:

1. Heat oil, saute the onions, curry leaves and green chilli.
2. Add the spices along with the ginger-garlic paste.
3. After two minutes, add grated radish and simmer for a few minutes. Add salt, turmeric, and pepper to this and four cups of buttermilk while stirring.
4. Keep stirring and do not overheat once you add buttermilk as it might curdle and separate. Switch off and serve while warm.

Editor's note: Radishes are high in potassium, along with Vitamins A, C, E, B6, and natural minerals. They support the generation of collagen, which helps keep blood vessels healthy and our skin youthful. Radishes also cleanse your kidneys, control damage to red blood cells and help hydration.

A photograph of a whole white radish with green leaves at the top, resting on a dark wooden cutting board. Next to it is a white plate containing several slices of the radish and a small piece of green leafy vegetable. The background is a light-colored, textured surface.

Curd (fermented milk), freshly made by inoculation with starter curd, is a good source of bioavailable vitamins, minerals and folate, and has less lactose and galactose than milk. Consumption of curd can enhance the immune response in the elderly. These health benefits have been linked to the presence of live bacteria according to a research study conducted on home made curds collected from 30 households in India.

06 MOONG DAL PAYASAM

This Indian lentil pudding is a traditional vedic recipe that brims with nutrition and taste. Perfect for some guilt-free indulgence.

Ingredient List

- 1 cup yellow moong dal
- 1 cup jaggery
- 2 cups coconut milk
- 1 tbsp cashews and raisins each roasted in ghee

Directions:


1. Dry roast the moong dal for about 4 to 5 minutes, until it turns a light brown in colour and acquires a nutty flavour. Allow to cool.
2. Wash moong dal and cook it with 2 & 1/2 cups of water for about 2 whistles in a pressure cooker.
3. After the pressure comes down, add jaggery and cook till it turns thick, this should take about 12 to 15 minutes.
4. Stir coconut milk in a separate container till it's boiling. Mix it to the moong dal paste.
5. Cook for 3 to 4 minutes and then turn off the heat. In a small seasoning pan, heat ghee, add cashews and raisins and roast them till they are light brown.
6. Add these roasted dry fruits and powdered cardamom for seasoning.

Editor's note: Processed white sugar is high in fructose and can overload the liver, turning the fructose to fat. What's more, sugar is addictive which leads to cravings and overeating. Since white sugar does not provide the body with any nutritional benefits except energy, it's best to swap it with natural nourishing alternatives such as jaggery, coconut, resins and dates.









Take Turmeric always with
a pinch of pepper.
Combining the piperine in
black pepper with the
curcumin in turmeric can
enhance curcumin
absorption by up to 2,000%

10. MORINGA RASAM

With the added goodness of Vitamin C rich Tamarind, this healthy South Indian Rasam makes for a fulfilling supper.

Ingredient List

One bunch of moringa leaves or 2 tsp moringa powder

20 gm tamarind soaked in water and pureed

4 garlic cloves

2 chopped tomatoes

Few curry leaves

½ bunch of coriander leaves

a pinch of jeera

Salt, black pepper, turmeric, and ginger paste to taste

Directions:

1. Boil Tamarind juice with moringa leaves, tomatoes, grated ginger, pepper, jeera, salt, and turmeric. Let it reduce to 3/4th quantity.
2. Take a few drops of cooking oil and saute mashed garlic, coriander leaves, curry leaves, grated ginger under a slow flame.
3. Add the boiled tamarind and moringa rasam to this, and let it boil again till the quantity reduces to half the original quantity.

Editor's note: Moringa leaves are high in vitamins A and C, calcium, zinc, iron, magnesium and potassium. They contain phytochemicals that make your body more resistant to toxins, improve gut-health while the antioxidants help in fighting free radicals to elevate your skin health.



11. PROBIOTIC RICE FERMENT WITH CURD (SADDI ANNAM)

Made with precooked rice, curd (yogurt), onions and green chilli, it easily fulfills the daily nutritional requirements of the body. In the south, this is a recommended breakfast for pregnant women. It's best to have it as the first meal of the day.

Ingredient List

Precooked rice - 1.5 cups
(from previous night)

½ cup curd

1½ cups water

2 green chillies

1 onion chopped

salt to taste

For tadka (optional):

2 tbsp grated raw mango

asafoetida/ heeng - a pinch

5-6 peanuts/ moongfali

A handful of curry leaves

1 tbsp mustard seeds/ rai

Directions:

1. Mix pre-cooked rice with water, milk and curd in a vessel. Add chopped onion and cut green chilli to this. Leave this for twelve hours.
2. Heat oil in a pan. Add tadka ingredients to this. Saute for 2 minutes till they get roasted well.
3. Add this tadka to the rice mixture and mix well.

Editor's note: Curd helps in digestion as it contains the good bacteria needed to boost gut health. Probiotics in curd act as a mild laxative and when mixed with rice, they help in gut reset and building immunity.



12. RICE KANJI

This sattvic rice kanji cures your intestinal flora, tonifies the blood and soothes inflammation. It makes for a hearty snack or a brunch recipe. It's ideal for adults, pregnant women and lactating mothers.

Ingredient List

1 cup rice	½ teaspoon red chili powder or flakes
4 cups water	1 teaspoon coconut oil
1 teaspoon salt	2 cups milk or yogurt
1 tablespoon sesame seed	1 tsp chia seeds (presoaked in ¼ cup
1 teaspoon grated ginger	of water for 2 hours)
6 peppercorns	
½ teaspoon turmeric	

Directions:

1. Soak rice in warm water for an hour.
2. Drain water and crush rice coarsely in a blender. Do not add any water.
3. In a heavy bottom vessel, add 4 cups of water to boil.
4. Add crushed rice, grated ginger, crushed peppercorn. Cover and cook stir frequently.
5. Turn off heat when rice is cooked.
6. In a separate pan, add coconut oil, red chili flakes, and turmeric powder. Keep it on low heat for 30-45 seconds before turning it off the flame.
7. Add to the rice mixture.
8. Stir in yogurt and chia seeds.

Editor's note: Chia seeds are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron, and calcium. Water-soaked chia seeds are easier to digest and the nutrients are better absorbed and assimilated in your body.



13. GOTU KOLA SOUP

(REPLACE GOTUKOLA WITH SPINACH)

This creamy Gotu Kola soup is both tasty and nutritious. Blended with fresh coconut milk that is rich in vitamins and minerals, this soup is creamy and appeals to your palette with a sprinkle of turmeric, pepper and a dash of garlic and ginger.

Ingredient List

1 cup fresh gotu kola/ spinach leaves

1 cup coconut milk

¼ tsp ghee or olive oil.

¼ tsp grated slices of ginger

2 buds of garlic

a pinch of turmeric powder

a pinch of pepper

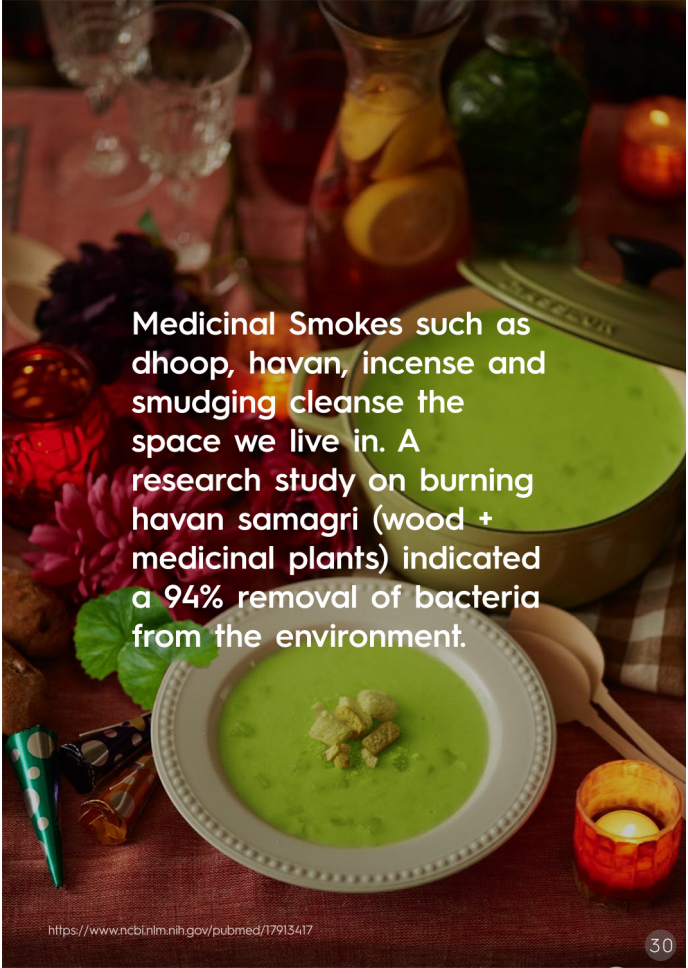
Salt to taste or ½ tsp.

(Size: Two Servings)

Directions:

1. Wash the Gotu Kola leaves.
2. In a low flame, stir fry the leaves for 5 mins along with grated ginger and garlic buds in a few drops of ghee or olive oil.
3. Blend this mixture with a cup of water and reheat along with a cup of coconut milk for about five minutes.
4. Add salt, pepper, and turmeric. Serve this healthy rejuvenating soup.

Editor's note: Known as the herb of longevity and enlightenment, Gotu Kola is an adaptogen (helps with stress) and also helps detox the body.

A still life photograph of a dining table. In the foreground, a white bowl with a decorative rim is filled with a vibrant green soup, topped with small, golden-brown croutons. To the right of the bowl is a small, lit candle in a textured, orange-colored holder. In the background, a glass carafe filled with water and lemon slices sits next to a glass of red wine. A green glass bottle is also visible. The table is set with a red cloth, and there are some colorful party hats and a small green plant in the lower left corner. The overall atmosphere is warm and inviting.

Medicinal Smokes such as dhoop, havan, incense and smudging cleanse the space we live in. A research study on burning havan samagri (wood + medicinal plants) indicated a 94% removal of bacteria from the environment.



15. IRANI CHAI DECOCTION

It wouldn't be an exaggeration to say that Irani Chai defines the soul of Hyderabad. Introduced by settlers from Persia, the beverage was a hot favourite of the Nizams and commoners alike. When you are in Hyderabad, try out the Irani Chai near Charminar. You can thank us later.

Ingredient List

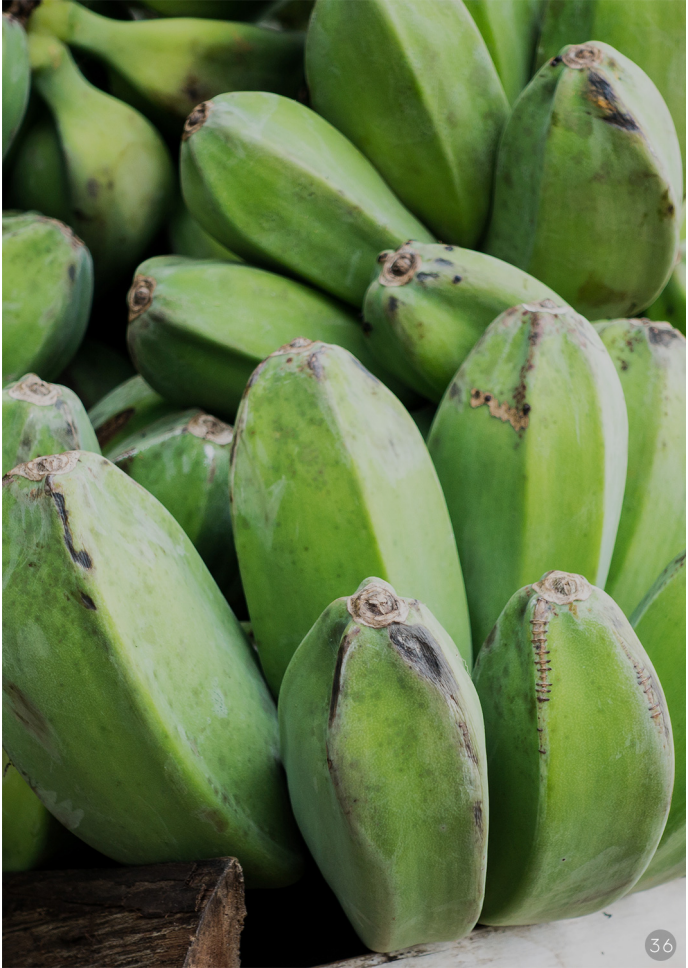
3 tablespoon tea leaves or	1 inch cinnamon stick
2 tbsp tea powder,	5 cloves
½ tsp dry rose petals (optional)	½ teaspoon whole black peppercorns
1 cup almond milk/coconut milk	2 tbsp brown sugar/jaggery
½ star anise	2 cup water
4 cardamom pods	

Directions:

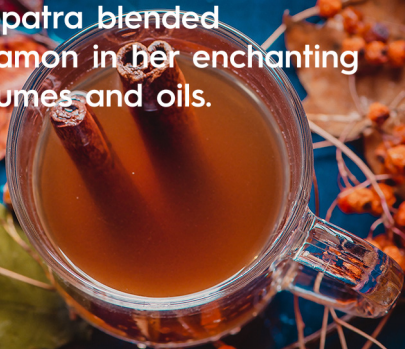
1. In a saucepan, add water, tea leaves and all the spices (star anise, cardamoms, cinnamon, cloves, and pepper). Allow this to boil until the decoction is reduced to half. Ensure that this is steam cooked, and not left open to boil
2. And add brown sugar/jaggery as per your taste.
3. Pour equal amounts of decoction and almond milk into a cup and enjoy. Traditionally, Irani Chai is taken with condensed milk (milk boiled till it is reduced to half its original volume), but it's equally delicious when taken with almond milk.

Editor's note: Intensely cooked with spices in the Irani Dum format, this Hyderabad delicacy is a must-try. We suggest this nourishing beverage as an occasional alternative to your regular cup of tea.





For centuries cinnamon found its use in love potions. It is believed that the Egyptian Empress, Cleopatra blended cinnamon in her enchanting perfumes and oils.



About Daughter Earth

Daughter Earth is a science-driven, natural beauty brand that develops clean and clinical prescription-strength formulas using botanicals by combining advanced green biochemistry and ancient Ayurveda.

Our aim is to create cutting-edge products, here in India - products that are exceptional in their scientific rigour, ingredients and performance - all while being ethical, cruelty-free and sustainable.

Daughter Earth is born out of a mission to build a business that is designed to give and created to conserve.

10% of our earnings go to the two causes we deeply care for: nature conservation and girl child education. Every other penny is reinvested in R&D.



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