

# Immune boosting salad



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Nature has a fantastic array of edible anti-inflammatory and immune-boosting foods, spices and herbs to help you keep your body strong in our Irish damp weather!

Your immune-boosting shopping list:

Vitamin C-rich foods – red peppers, parsley, broccoli, cauliflower, spinach, spring onions and tomatoes. Superfoods like camu camu and goji berries are rich in vitamin C and bee pollen is rich in B vitamins and enzymes.

Turmeric, black pepper and ginger – curcumin the active compound in turmeric, gingerol in ginger together with piperine in black pepper possess natural anti-inflammatory polyphenols. A great reason to spice up your life this autumn.

## Ingredients

¼ head cauliflower  
¼ head broccoli  
1 red onion  
50g flat leaf parsley  
10 cherry tomatoes  
1 red pepper  
4 spring onions  
100g mixed leaves (spinach, rocket)  
½ cup pineapple

## For the dressing

50ml extra virgin olive oil  
40ml apple cider vinegar  
50ml hemp seed oil  
½ tsp camu camu powder  
1tbsp local honey  
1tbsp shelled hemp seeds  
juice of 1 lemon  
¼ tsp turmeric  
½ tsp pink salt  
1 clove garlic  
black pepper  
1" root ginger grated

## To serve

1tsp bee pollen  
50g goji berries  
30g toasted walnuts  
25g desiccated coconut

## Method

With an S blade blitz the cauliflower and broccoli and set aside. Add all the other ingredients to a large bowl. Toast the walnuts and set aside to cool. Whizz dressing ingredients and pour over the salad ingredients, mixing well. Top with gojis, bee pollen, walnuts and some black pepper.

