



ULTRA IMMUNITY — RECIPES —

10 EASY AND DELICIOUS RECIPES



PREPARE YOUR OWN MEALS THAT WILL **BOOST YOUR HEALTH AND
STRENGTHEN YOUR IMMUNE SYSTEM**

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Granny's Granola



HEALTH BENEFITS

This granola is a basic recipe so you are encouraged to customize it as needed. The coconut in this granola gives it a tropical feel and adds a healthy fat. Oats add much needed fibre, and the cinnamon helps regulate blood sugar. Once cool, add chocolate or carob chips, and/or dried fruit. You can also add nuts (slivered almonds pecans), dried fruits (dates, apricots etc.) and or seeds (pumpkin, chia, flax, hemp) to increase the protein and boost the nutrient profile.

Granny's Granola

INGREDIENTS:

2 cups rolled oats (use gluten-free if necessary)

½ cup maple syrup

Left over almond pulp from making almond milk (optional)

½ cup coconut oil, melted

1 tsp salt

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a large bowl, mix the ingredients until well combined.
3. Grease a baking sheet and spread the granola out in a layer.
4. Bake for 20 mins, stir/turn, and then bake for another 10 mins
5. Let cool, and store in a glass canister in your fridge.

Apple Pie Oatmeal



HEALTH BENEFITS

I love apple pie and I love oatmeal, so why not put the two together? I find oat groats or steel-cut oats to taste much better and cook better when using a slow cooker as opposed to the stove-top method. That said, there is nothing wrong with pulling out your saucepan and cooking the oats on your stove and then adding the other ingredients. Oats are a great source of soluble fibre, and the other ingredients add to the nutrient density of this great way to start of your day!

Apple Pie Oatmeal

INGREDIENTS:

1½ cups oat groats or steel-cut oats (cook and use liquid according to package directions if you want to)

2 cups non-dairy milk of your choice

4 apples (cored, peeled and chopped)

¼ tsp pinch of salt

⅓ cup maple syrup (to taste)

2 tsp cinnamon

1 tsp cardamom

1 tsp nutmeg

1 tsp vanilla extract

2 tbsp large shredded coconut

DIRECTIONS:

1. Oil your crock-pot/slow cooker. Put all ingredients (except coconut) in the slow cooker and cook on low for 6 – 8 hours.
2. Once cooked, add all of the spices and milk and stir. Serve in bowls.
3. Top with shredded coconut and add more maple syrup or non-dairy milk if needed.

Bean Chili



HEALTH BENEFITS

Devouring a hot bean chili is the perfect way to warm yourself up after a cold day. With the addition of beans and vegetables, this chili is packed with protein and fibre, so it will do your belly good as well -- and it's vegan to boot. Your stomach will thank you. Happy eating!

Bean Chili

INGREDIENTS:

1 can of mixed bean medley (or cook Bob's Red Mill 12 Bean Soup Mix according to package directions)

1 cup of vegetable broth

2 cups tomato sauce

2 carrots, peeled, washed and chopped

2 leaves of kale, de-stemmed and washed

1 tbsp chili powder

1 tsp cumin

3 cloves garlic, crushed

1 cup brown rice elbow noodles

Vegan cheese (optional)

Salt (optional)

DIRECTIONS:

1. Cook the noodles according to package directions. Strain.
2. In a large pot, add your tomato sauce and broth with chopped carrots in order to cook them.
3. Add your seasoning, beans and the cooked noodles. Stir.
4. Add your kale as your last ingredient. Serve hot as is, or with a tortilla, or with vegan cheese or over brown rice.

Sizzling Stir Fry



HEALTH BENEFITS

A stir fry is a great way to get in your daily dosage of vegetables, as well as use up the entrails of the week's meal. It's quick, it's fun, and it's versatile. Swap the rice for noodles, or use any vegetable (or fruit like pineapple!) and you will never get bored with this dish.

Sizzling Stir Fry

INGREDIENTS:

- 2 cups brown rice
- ½ bulb of red onion, chopped
- ½ cup snow peas
- 2 carrots, peeled, washed and chopped
- 1 cup baby corn
- 1 cup of crimeni mushrooms, sliced
- 1 tbsp tamari sauce, soy sauce, Braggs' aminos or coconut aminos
- 1 tsp of maple syrup or agave nectar (optional)

DIRECTIONS:

1. Cook rice according to package directions (i.e. wash the rice, put enough water in a saucepan to cover the rice, let boil, and then decrease the temperature until the rice is cooked)
2. While the rice is cooking, sauté the onion in the coconut oil.
3. When onions have become translucent, sauté the other vegetables until cooked (but not softened). You should add your carrots before you add your snow peas, because carrots take longer to cook. Snow peas can be cooked in 1 min. Add the snow peas at the last minute.
4. Add your cooked rice and soy sauce. Stir until well combined
5. Serve immediately.

Mac and Veggies



HEALTH BENEFITS

Mac and cheese is the ultimate comfort food. This recipe doesn't use any dairy (since dairy is inflammatory) but rather uses nutritional yeast for the cheesy flavor. Nutritional yeast is a source of vitamin B 12. The miso in this recipe is chock full of healthy probiotics. And of course, veggies are good for you anytime, anywhere!

Mac and Veggies

INGREDIENTS:

1 head of broccoli, chopped and/or mixed veggies (canned or frozen – corn, peas, carrots)

1½ cups of brown rice or corn-quinoa elbow noodles or macaroni

½ cup nut milk

¾ cup nutritional yeast

½ Engevita yeast (optional)

½ garlic powder

1½ tsp yellow miso

½ cup of commercial vegan cheese (Daiya, Teese etc.) (optional)

Black pepper and salt (to taste)

DIRECTIONS:

1. In a saucepan, cook the noodles according to package directions, adding a 1 tsp salt for flavor and 1 tsp oil so that they don't stick.
2. Once cooked al dente, drain the noodles and add them back into your pan
3. With the cooking setting on low, stir with the nut milk, yeast, seasonings and miso. If too thick, add more milk. If too thin, add more nutritional yeast and/or a dash of cornstarch or arrowroot powder.
4. Add the vegetables.
5. Season to taste and serve hot immediately.

Zucchini Spaghetti or Zucghetti



HEALTH BENEFITS

You don't need carbs in order to have a filling spaghetti! This simple recipe employs zucchini as its base and yet remains completely satisfying. The usage of coconut oil has been shown to increase metabolism along with a whole host of other health benefits. You will be making this spaghetti more than once!

Zucchini Spaghetti or Zucghetti

INGREDIENTS:

2 zucchinis

1 tsp coconut oil

1/2 tsp black pepper or cayenne pepper

1 cup tomato sauce

Sea salt (to taste) (optional)

Vegan cheese (optional)

Nutritional yeast (optional)

DIRECTIONS:

1. Using a spiralizer, spiralize your zucchini (or you can use a julienne knife or a regular knife. A spiralizer is preferred because your zucchini will turn into nice spirals)
2. Sauté the zucchini in coconut oil or olive oil for a minute, adding the pepper. For a “raw” dish, do not cook the zucchini.
3. Serve warm with heated tomato sauce and sprinkle with vegan cheese and/or nutritional yeast

Green Mango Smoothie



HEALTH BENEFITS

This smoothie is easy to make and is a great start to your morning or snack after a workout. The coconut water helps replenish electrolytes lost during exercise, the avocado is a heart-healthy monounsaturated fat, and the turmeric is a natural anti-inflammatory. If you cannot find coconut water, you can substitute it for nut milk.

Green Mango Smoothie

INGREDIENTS:

- 1 cup spinach, washed
- 1 cup mango
- 2 cup coconut water
- 1 tsp turmeric
- 1 scoop protein/green food powder (optional)
- 1/2 avocado (optional)

DIRECTIONS:

1. Blend all of the above ingredients in a high-powered blender, adding more coconut water if needed. You may add a sweetener (agave, maple syrup) if necessary.
2. Serve cold immediately.

Spiced Almond Nut Milk



HEALTH BENEFITS

Most nut milk recipes are typically “ho-hum,” but this recipe will have you sneaking into your fridge for more! The spices in this recipe make this so yummy, and even yummier when poured over a bowl of granola or used in your baking. Almonds are a good source of calcium and protein, and the cinnamon helps stabilize blood sugar. Nut milks are best made using a high-speed blender like a Vitamix or a Blend-Tec. For a variation, substitute the almond for another nut, or try adding cayenne pepper and/or maple syrup in the last step.

Spiced Almond Nut Milk

INGREDIENTS:

2 cups of almonds (or any other type of nut, like walnuts, hazelnuts, etc.)

4 cups filtered water

1/2 tsp organic vanilla extract/flavor

1/4 tsp salt

1/2 tsp cinnamon

1/2 tsp cardamom

1/2 tsp nutmeg

1/2 tsp allspice

Nut milk bag or cheesecloth (this should come with your high-speed blender)

DIRECTIONS:

1. Soak almonds overnight in filtered water. Soaking the almonds will improve their digestibility, and they will be nice and plump.
2. Put soaked almonds in the blender with the 4 cups of filtered water. I like to throw off the soaking water and use new water, but this is not necessary.
3. Blend on low, gradually increasing the speed to high, and blend until smooth and consistent
4. Place your nut milk bag in a large bowl that the lips of the bag fold over the edges of your bowl. Pour your nut milk into the nut milk bag in the bowl
5. Express the milk: close the nut milk bag, and keeping it over the bowl, gently squeeze and twist the bag to strain the milk. You should be left

Spiced Almond Nut Milk

with strained milk in the bowl, and soft almond pulp in the bag (which you can freeze and incorporate into baked goods, granola etc.)

6. Transfer the strained milk back to the blender and add all of the spices. Blend.
7. You will be tempted to take a sip now, but the milk will taste better refrigerated. Let refrigerate for 1 hour and serve. Your milk will be good for 3-4 days.

Banana Ice Cream



HEALTH BENEFITS

A simple and satisfying frozen treat! And it's healthy too!

Banana Ice Cream

INGREDIENTS:

1 frozen banana, peeled

½ tsp nutmeg (optional)

DIRECTIONS:

1. Using a high powered blender, blend a frozen banana.
2. Add a spice (optional)
3. Serve!

Chia Pudding



HEALTH BENEFITS

This quick and easy pudding can be eaten as a dessert or even as a breakfast option. Plus, it's packed with heart-healthy nutrients like potassium and protein.

Chia Pudding

INGREDIENTS:

½ cup chia seeds

1 cup plant-based milk

½ tsp cinnamon

1 tbsp maple syrup

DIRECTIONS:

1. Stir all of the ingredients in a bowl and refrigerate overnight or at least for 1 hour. The longer it is refrigerated, the thicker your pudding. Chia seeds, like flax seeds, are mucilaginous (gelatinous) and thus will gel together to form a pudding
2. Add more maple syrup if necessary and serve cold.