

# The Immunity Cookbook Kids Special

**By Team Luke**



We understand how knackered it can be to convince your child to eat healthy, especially when you are shuttling between work and household chores. But, balanced nutrition is crucial for your children's health, and there is no replacement for it. Gummies, meal replacers, supplements cannot replace whole foods. And so our experts have identified five nutrients that you must include in their diet.

These include Vitamin A, E, C, iron, and amino acids.

**Let's explore the innovative ways in which you can add it into your kid's diet.**

**Thoughtfully curated recipes kids will love**

# Vitamin C Rich Recipes

## Amla candy

### Ingredients

- Amla - 250 gms (seeds removed by slightly soaking them in hot water cut into slices)
- Jaggery powder - 150 gms
- Rock salt - 2 tsp
- Jeera powder - 1 tsp

### Instructions

1. Coat the Amla with jaggery, jeera powder and rock salt .
2. Keep this mixture aside for 2 days .
3. You will see that amla lets out water .
4. Sieve this water, don't discard it and use it for cooking preparation.
5. After removing the water, the sun dry the amla .
6. For 2 to 3 days .
7. Let them not dry completely to make sure there is little moisture left out in them.
8. After this once they are ready just sprinkle jaggery and store them in airtight containers.



## Bell pepper and parsley rice

### Ingredients

- Coconut oil - 2 teaspoons
- Garlic - 4 cloves (finely chopped)
- Onion - 1 (thinly sliced)
- Salt - to taste
- Rosemary - 1 teaspoon dried
- Parboiled rice - 1 cups (washed and soaked)
- Coconut oil - 1 tablespoon
- Red chilli flakes - 1 teaspoon
- Salt - to taste
- Green Bell Pepper (Capsicum) - 1/3 cup (finely chopped)
- Mixed Herbs (Dried) - 2 teaspoons



- Red Bell pepper (Capsicum) - 1/3 cup (finely chopped)
- Yellow Bell Pepper (Capsicum) - 1/3 cup (finely chopped)
- Parsley (chopped)

### Instructions:

1. To begin making the Bell Pepper & Parsley Rice Recipe, in a pressure cooker, heat the oil on medium flame, to this add garlic and saute for 30 seconds.
2. To this add the onions, and continue to saute until it turns translucent.  
This will take about 2-3 minutes.
3. Next to this, add salt and dried rosemary, soaked and drained rice, 2 cups of water and close the pressure cooker.
4. Pressure cook for 2 whistles and turn off the flame.
5. Allow the pressure to release naturally. Once the pressure has released, open the cooker, fluff the rice with the help of a fork and spread the rice in a platter allowing the rice grains to separate and cool down to room temperature.
6. Next, in a skillet, heat oil, add the red chilli flakes, and the three coloured peppers - red, green and yellow.
7. Sprinkle salt.
8. Saute for 4-5 minutes, until the bell peppers are just about cooked, yet have a bite to them.
9. Add the mixed herbs and mix well. Turn off the flame.
10. Finally, add these pan roasted peppers over the rice, along with chopped parsley and toss well using a fork and spoon.
11. Transfer to a platter and serve.

## Amla murabba

### Ingredients

- Amla – 500 gms
- Raw organic honey – 250 gms
- Rock salt – ¼ tsp
- Black pepper powder – ¼ tsp
- Saffron – 3-4 strands
- Cardamom powder – ¼ tsp
- Immunity powder-1/4 tsp



### **Instructions:**

1. Wash and completely wipe the Amla dry .
2. Grate the amla, discarding the seeds and add all the flavoring ingredients like salt, saffron, cardamom and black pepper to it.
3. Fill this mixture in a glass or a ceramic container (just like traditionally used for pickles or any other preserves) and pour the raw organic honey over this mixture.
4. As the honey makes its way to the bottom, make sure it completely covers the amla mixture.
5. Cover the container and keep it in sunlight for 4-5 hours for approximately 10 days.
6. You can eat this mixture right away but keeping it in sunlight increases its shelf life.
7. After 10 days your all natural Amla Murabba is ready.

### **DIY Gluten free muesli**

#### **Ingredients**

- Roasted steel cut oats - 4 1/2 cups
- Roasted rice bran - 1/2 cup
- Black and golden raisins combined - 1 cup
- Walnuts -1/2 cup (chopped)
- Almonds - 1/2 cup (sliced)
- Jaggery powder - 1/4 cup
- Raw sunflower seeds - 1/4 cup

#### **Instructions**

1. Combine all the ingredients and store in an airtight container.



## Homemade nutella

### Ingredients

- Raw or roasted unsalted hazelnuts - 3 cups
- Pure vanilla extract - 1 tsp
- Sea salt - 1/2 tsp
- Cacao powder - 2 -3 tbsp
- Organic honey - 2-3 tsp



### Instructions

1. Preheat the oven to 350 degrees and add hazelnuts to a baking sheet in a single layer.
2. If raw, roast for a total of 12-15 minutes. If already roasted, roast for 8-10 minutes just to warm the natural oils and loosen the skins. This will make it easier to blend into butter.
3. Remove from the oven and let cool slightly. Then transfer to a large kitchen towel and use your hands to roll the nuts around and remove most of the skins.
4. You want to get as much as possible off because it yields a creamier Nutella. But it doesn't have to be perfect!
5. Leaving excess skin behind, add hazelnuts to a food processor or high-speed blender. Blend on low until a butter is formed - about 8-10 minutes total - scraping down sides as needed.
6. Once the hazelnut butter is creamy and smooth, add the cacao, vanilla and salt and blend well.
7. Taste and adjust seasonings as needed, adding more salt or vanilla if desired.

### Notes

- Just know the more liquid sweetener (honey), you add the firmer/stiffer the Nutella will get, so add sparingly.
- Transfer to a clean jar and store at room temperature for everyday use for 2-3 weeks or more.

# Amino Acids Rich Recipes

## Hummus

### Ingredients (Makes 1½ cup)

- Cooked chickpeas - 1 1/2 cups (250 grams)
- Fresh lemon juice (1 large lemon) - 1/4 cup
- Well-stirred tahini - 1/4 cup
- Garlic (minced) - 1 small clove
- Extra-virgin olive oil - 2 tablespoons (30 ml) plus more for serving
- Ground cumin - 1/2 teaspoon
- Salt to taste
- Water - 2 to 3 tablespoons



### Method:

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scraping the sides and bottom of the bowl for another 30 seconds.
2. The extra whip to the tahini, will make the hummus smooth.
3. Add the olive oil, minced garlic, cumin and 1/2 teaspoon of salt to the whipped tahini and lemon juice.
4. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
5. Add half of the cooked chickpeas to the food processor and process for 1 minute.
6. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth for 1 to 2 min.
7. Now slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.
8. Taste for salt and adjust as needed.
9. Serve hummus with a drizzle of olive oil and a dash of paprika.
10. Store homemade hummus in an airtight container and refrigerate it for up to one week.

## Egg bites or Egg Appe

### Ingredients:

- Eggs – 2 (Free-range eggs)
- Onion – 2 tbsp (finely chopped)
- Tomato – 2 tbsp (finely chopped)
- Carrot – 1 ½ tbsp (grated)
- Cabbage – 1 ½ tbsp (chopped)
- Cilantro – 1 tbs
- Spring onion leaves – 1 tbsp
- Capsicum – 1 ½ tbsp (finely chopped)
- Black pepper – ½ tsp
- Rice flour – 2 tbsp
- Sattu flour – 2 tbsp
- Salt (as per taste)
- Cold-pressed coconut oil – 1 tbsp



### Method:

1. Finely chop all the vegetables and keep them separately aside in a bowl.
2. Break the eggs in a bowl. Using a balloon whisk or fork, beat the eggs well for the next 30 to 40 seconds.
3. Add salt, black pepper powder, capsicum, spring onion leaves, green chilies, cilantro, cabbage, carrot, onion, and tomato. Mix well.
4. Add rice flour and sattu flour.
5. Take the appe pan and grease the cavities generously with a few drops of oil.
6. Add one tablespoon of the egg batter into each of the cavities. Turn the flame to medium and cook for 30 seconds.
7. Add a few drops of oil, cover, and cook for one minute on medium flame.
8. Use a spoon to remove and gently place the anda appe/egg bites upside down.
9. Cover and cook for the next 30 to 45 seconds.
10. Once cooked, use a spoon to remove them on a plate and serve hot with chutney or dips.

# Vitamin E rich recipes

## Homemade Peanut butter

### Ingredients

- Unsalted peanuts - 1/2 cup
- Pinch of cinnamon
- Organic honey

### Instructions:

1. Take the roasted unsalted peanut in a blender.
2. Add a pinch of cinnamon and a few drops of organic honey.
3. Blend it finely.
4. Make sure no lumps are formed by stopping in between and checking for the same.
5. Store in the refrigerator.



## Pita bread

### Ingredients:

- Khapali flour/buck wheat /rice flour/jowar flour - 2 cups
- Oats powder - 1 tbsp
- Salt - 1 tsp
- Lemon juice - 1/2 tsp
- Warm water - 3/4 cup
- Coconut oil - 3 tbsp

### Instructions:

1. In a medium bowl, whisk the flours, salt and lemon juice
2. Stir in the water and coconut oil and knead to form a moist dough.
3. Form into a ball.
4. Cover with a kitchen towel and let rest for 5-30 min.
5. Preheat the oven to 450 degrees F.
6. Roll out the dough into a long log on a very lightly floured work space.
7. Cut the dough into 8 equal parts and form 8 balls.
8. Using a lightly floured rolling pin, flatten each into an 1/2" high flat disk.
9. Lay pita bread on two sheet pans lined with baking paper - spacing the disks apart from each other.



10. Spray lightly (or brush) with water and bake immediately for 6-8 min or until puffed and golden.
11. Remove from the oven and serve immediately or allow to cool to store for later.
12. Store in a zip lock bag or air tight container.

## Mexican khichdi/mexican rice one pot meal

### **Ingredients:**

- Hand pounded sona masuri rice – 2 cups (soaked for 8 to 10 hours and cooked)
- Black Beans – 1 cup (soaked for 12 hours and cooked)
- Coconut oil – 1 tbsp
- Garlic – 2 cloves
- Onion – 1 (finely chopped)
- Tomatoes – 2 (chopped without seeds)
- Green bell pepper – 1 (chopped)
- Corn kernels – ¼ cup (boiled)
- Fresh coriander leaves – 2 tbsp (chopped)
- Jalapeno – 1 (chopped)
- Black pepper powder – to taste
- Salt – to taste
- Lemon Juice – 1-1/2 tsp
- Spring onion – chopped for garnishing
- Avocado – sliced for garnishing



### **Instructions:**

1. Heat oil in a pan and add chopped onions and saute it until translucent. Now add minced garlic and saute it for a minute.
2. Now add green bell pepper, tomatoes, corn kernels, jalapeno, salt and pepper.
3. Mix well and saute it for 2-3 minutes.
4. Now add cooked Rice , beans, lemon juice, chopped coriander leaves. Mix well and cook for 2-3 minutes more
5. Transfer the Mexican khichdi into a serving bowl and garnish with the spring onions and sliced avocado. Serve immediately.

## Dal Palak (Indian Lentil and Spinach Curry)

### Ingredients:

- Yellow lentil (dhuli moong dal or masoor dal) – 1 cup (pre-soaked for 8 hours)
- Water – 3 cups
- Spinach (palak) or fresh fenugreek leaves (methi) – 1 cup (chopped as per availability)
- Salt to taste
- Turmeric powder – 1/2 tsp
- Immunity powder – 1/4 tsp
- Lemon juice – 1 tbsp
- A2 ghee – 2 tbsp
- Ginger – 1 tsp (chopped)
- Garlic – 2 cloves (chopped)
- Cumin seeds (jeera) – 1/2 tsp
- Asafoetida (hing) – 1/4 tsp
- Fresh coriander – 1 tbsp (chopped)



### Instructions

1. Wash the dal and transfer it to a pressure cooker.
2. Add three cups of water, chopped spinach or fenugreek, salt and turmeric powder, and immunity powder.
3. Pressure cook till done (two-three whistles).
4. Once done, open the lid.
5. Add lemon juice in cooked dal.
6. Transfer the dal to a serving bowl.
7. Heat A2 ghee in a small pan.
8. When the ghee is hot, add ginger and garlic.
9. Fry until the garlic is slightly browned.
10. Add cumin seeds and asafoetida.
11. Switch off the gas, pour the tadka over the dal.
12. Garnish with coriander leaves and serve hot with rice, roti, or bhakri as per choice.

# Vitamin A rich recipes

## Crispy Kale Chips

### Ingredients:

- Lightly packed kale -  
4 cups (about 1/2 bunch)
- 1 tbsp extra virgin olive oil
- 1/4 tsp salt

### Instructions:

1. Preheat the oven to 275 degrees.
2. Wash and dry kale leaves.
3. Make sure they are completely dry.
4. If the leaves are still wet, the kale will steam instead of getting crispy.
5. Separate the kale from the stem by ripping into 1-2 inch sections and placing them in a bowl.
6. Pour 1 tablespoon of olive oil on the kale.
7. Massage oil into kale, making sure each leaf is coated.
8. Spread out the kale on the baking sheets.
9. Make sure each piece is separate so the kale will get crispy.
10. If they are on top of each other, they may get soggy and cook unevenly.
11. Sprinkle salt over kale.
12. Bake for 15 to 20 minutes until they become crispy.
13. Start checking at 15 minutes and check every minute until they become crispy

### Toppings:

- Add a tablespoon of lemon juice after baking.
- Before baking add 1 tablespoons of chia seeds and 1 tablespoon of sesame seeds and once they are baked drizzle raw honey to get a sweet crispy chip.



## Broccoli sweet potato tikki

### Ingredients:

- Sweet potato – 1
- Broccoli – 1 cup (cut into florets)
- Grated homemade paneer – 3 tbsp
- Sattu powder - 2 tbsp
- Chaat masala – 3/4 tsp
- Turmeric – 1/4 tsp
- Roasted cumin powder – 1/2 tsp
- Crushed black pepper – 3/4 tsp
- Salt – As needed
- Coconut oil – As needed



### Method

1. Place sweet potato in a container and pressure cook for 3-4 whistles.
2. Meanwhile, boil water and add broccoli florets, cook for 2 mins and drain the water completely (or you can steam cook for a couple of mins).
3. Grind in a blender coarsely, just for a few seconds, do not make it into a paste.
4. Squeeze the excess water from the ground broccoli.
5. Take one peeled sweet potato in a mixing bowl.
6. Mash well without any lumps (approx. 1 cup mashed sweet potato).
7. Add ground broccoli, grated paneer, sattu powder, turmeric, chaat masala, cumin powder, black pepper and salt. Mix to a dough.
8. Divide into equal portions and make equal sized balls out of it. Flatten to a tikki/patty.
9. Heat a pan with a few drops of oil and place the tikkies over it. Cook over medium flame on both sides until golden layer forms.

## Sweet potato soup

### Ingredients:

- Sweet potato - 500 gm
- Onion - 1 medium (chopped)
- Garlic - 2 cloves (chopped)
- Organic turmeric powder - ½ tsp
- Water - 3-4 cups
- Pink Himalayan salt and pepper – as per taste
- A2 cow ghee - 2 tsp
- Coconut milk - ½ cup (optional)
- Fresh thyme - 3 sprigs (herbs are optional and as per availability)



### Instructions:

1. In a pressure cooker, add ghee over medium-high heat.
2. Add onion and garlic and sauté for 5 minutes until tender.
3. Add sweet potatoes and sauté for 5 minutes.
4. Season with salt and pepper.
5. Add water (about 3-4 cups) and bring to a boil.
6. Cover the pressure cooker.
7. Reduce heat to medium and pressure cook for 2 to 3 whistles.
8. Turn off the burner.
9. Open the lid and using a hand blender, puree the soup in the pot until smooth.
10. Stir in thyme, turmeric, coconut milk (if desired) and salt and pepper as per taste and cook for 2-3 mins more.
11. Relish and enjoy the super immunity-boosting soup.

### Variation:

- Adding some coconut milk will bring about a creamy texture.
- Can add fresh greens like spinach, spring onion - as per availability along with the sweet potato for more variations.
- Top it with soaked pumpkin seeds too for the extra crunch.

### Notes:

- Sweet potatoes are rich in fiber and antioxidants that promote the growth of good gut bacteria thereby contributing to a healthy gut.

- It's a great energy-dense food option for individuals who feel weak and in need of energy.
- They are great sources of beta carotene that boosts vision and overall eye health.
- Anthocyanin-rich sweet potato helps improve brain health by reducing inflammation.
- Along with sweet potatoes that are a must-have during winter, the addition of cold-busting ingredients like garlic and black pepper helps keep the immune system in good shape.

## Carrot and winter squash soup

### **Ingredients:**

- Carrots - 2 cups (chopped)
- Winter squash - 1 cup (chopped)
- Salt and pepper - to taste
- Pinch of nutmeg
- A2 ghee - 1/2 tsp
- Chives to garnish

### **Instructions:**

1. Place the carrots and winter squash in a pot, cover it with water and boil until soft .
2. Once cool, blend till smooth consistency.
3. Add little water to get the desired consistency.
4. Add salt, pepper and nutmeg.
5. Add 1/2tsp A2 ghee and serve hot.
6. Garnish with chives.



# Zinc Rich Recipes

## Power Packed Chutney

### Ingredients:

- Pumpkin seeds - ½ cup (soaked for 5 to 6 hours)
- Fresh coriander/mint leaves - ½ cup
- Green chilli - 1
- Garlic cloves - 4
- Ginger - 1- inch
- Split Bengal gram dal - ¼ roasted
- Lemon juice - 2 tbsp
- Salt to taste

### Instructions:

1. Take the soaked and dried pumpkin seeds in a blender.
2. Add the coriander/mint, garlic, ginger, chilli, roasted dal and salt.
3. Blend it to a fine taste.
4. Add lemon juice.
5. Serve with idli/dosa/rice/roti.

## Chickpeas soup

### Ingredients:

- Coconut oil/A2 ghee - 1 tablespoon
- Yellow onion - 1 (diced)
- Garlic - 6 cloves (minced)
- Freshly grated ginger - 1/2 teaspoon
- Turmeric - 1 teaspoon
- Luke's immunity powder - ½ teaspoon
- Lemon juice - 1 tablespoon
- Large sweet potato - 1 (boiled and diced into ½" cubes)
- Chickpeas - 1/2 cup (soaked for 24 hrs with water being changed at regular intervals)
- Red lentils/Masoor dal - 1/2 cup (soaked overnight)
- Water - 5 cups
- Spinach - 1/2 cup (finely chopped)
- Salt to taste



### Instructions:

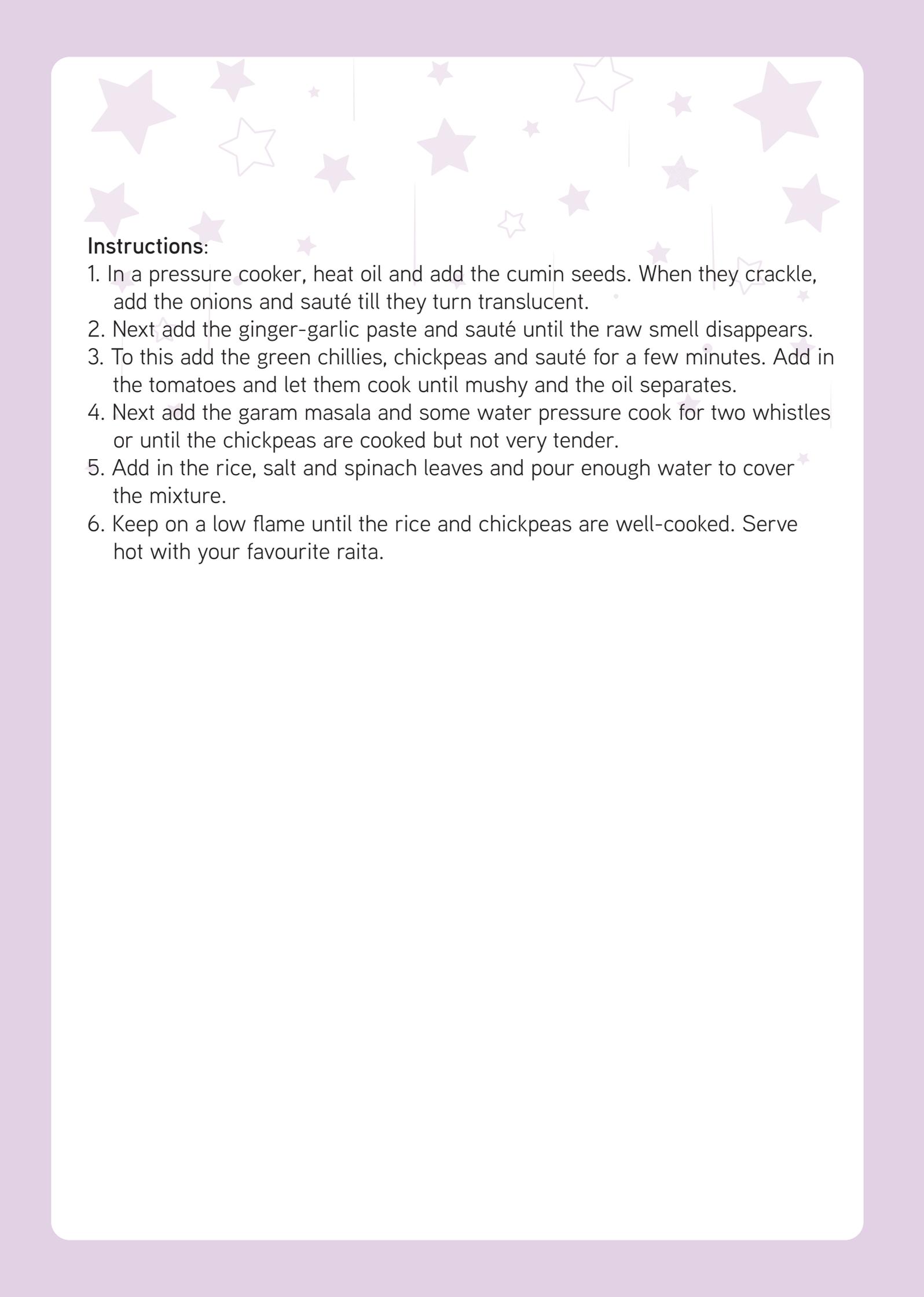
1. In a pressure cooker , heat the coconut oil over medium heat for 1 minute.
2. Add the onion and cook over medium heat for 3 to 4 minutes, stirring occasionally.
3. Add the garlic and ginger and continue to cook for 1 minute until fragrant.
4. Add the turmeric and immunity powder and continue to cook for 1 minute.
5. Add the lemon juice, sweet potatoes, chickpeas, red lentils/masur dal , and water and bring to a boil.
6. Once the soup begins to boil, reduce the heat to low and simmer for 5 minutes.
7. Add spinach and continue to cook for 2-3 minutes .
8. Close the lid.
9. Pressure cook for 2 to 3 whistles.
10. Once cool down, stir with the ladle .
11. Season with salt to taste.

## Chickpeas pulao

### Ingredients:

- Chickpeas (chhola) - Half cup (soaked for 24 hours with water changed in regular intervals and boiled)
- Spinach leaves (palak) leaves - 1 cup (chopped)
- Parboiled rice - 2 cups
- Onions - One fourth cup (chopped)
- Tomato - One small (chopped)
- Green chillies (hari mirch) - One fourth tsp (finely chopped)
- Ginger-garlic paste - 1 tbsp
- Cumin (jeera) seeds - Half tsp
- Garam masala - Half tsp
- Water as required
- Salt to taste
- Coconut oil - Half tsp





**Instructions:**

1. In a pressure cooker, heat oil and add the cumin seeds. When they crackle, add the onions and sauté till they turn translucent.
2. Next add the ginger-garlic paste and sauté until the raw smell disappears.
3. To this add the green chillies, chickpeas and sauté for a few minutes. Add in the tomatoes and let them cook until mushy and the oil separates.
4. Next add the garam masala and some water pressure cook for two whistles or until the chickpeas are cooked but not very tender.
5. Add in the rice, salt and spinach leaves and pour enough water to cover the mixture.
6. Keep on a low flame until the rice and chickpeas are well-cooked. Serve hot with your favourite raita.

We hope your kids love these recipes.  
For more such innovative and healthy recipes, click here.

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Disclaimer: Please keep your health expert in loop before introducing any new food ingredient in your diet, especially if you are on any medications or undergoing a medical treatment. If a certain ingredient does not suit you, please avoid its consumption.

HAPPY  
Children's  
DAY

**With love and gratitude,**  
*Team Luke*

