



### **How to Boost Your Immune System**

Combine immune-boosting foods such as vegetables rich in beta carotene.

1. Adding pureed carrot, sweet potato and pumpkin to mashed potatoes will improve your resistance to infection.
2. Blend Red Peppers, carrots, passata, lemon juice and pepper to make a tangy fresh drink
3. Puree fresh or frozen raspberries or else strawberries to make a delicious fruit coulis.
4. Use red and yellow peppers, tomatoes and finely chopped chilli and garlic to make a spicy salsa and serve it with roast meat or fish.
5. Use watercress instead of lettuce in sandwiches
6. Blend strawberries or raspberries with a carton of live yoghurt and a little milk for a delicious fruit smoothie.
7. Sweet potatoes are delicious baked and have plenty of beta carotene and vitamin E.
8. Dried apricots make a great snack and are a rich source of beta carotene.
9. Genie Lifestyle's 'Younga' contains natural vitamins, minerals & herbs to boost your immune system and protect your cells against premature aging.