

## 3 Delicious Adaptogen Recipes: Let Food Be Thy Medicine



Comprehensive [clinical studies and research reviews](#) have documented some powerful ways that adaptogens can boost your immune system, reduce chronic and acute stress, and foster an overall improved sense of health and wellness. If you need food inspiration, try these delicious adaptogen recipes. Each recipe is tasty, easy to make, and contains proven adaptogens that reduce adrenal fatigue and bolster your health from the inside out.

### **Adaptogen Recipes: Very Berry Rhodiola Smoothie (BREAKFAST)**

Rhodiola helps to counter brief moments of intense stress, and may also support your central nervous system in a way that boosts your energy without being stimulating. Thus, it's the perfect way to wake up your body and mind in the morning.

Start your day of adaptogen recipes with this rhodiola-infused berry smoothie. Not only does it enhance your adrenal health, but the smoothie is also high in protein, digestion-improving fiber, and immune-supporting antioxidants, vitamins and minerals.

- 1 rhodiola tea bag
- 1 1/2 cup oat milk or almond milk
- 1 frozen banana
- 1 cup frozen mixed berries
- 1/2 cup vanilla Greek yogurt

Boil eight ounces of water, then steep the rhodiola tea bag for five minutes. Set aside to cool.

Once cooled, remove the tea bag and discard. Add the rhodiola tea, plus all the other ingredients, to a blender. Blend until smooth and enjoy!

## **Adaptogen Recipes: Reishi Spring Salad (LUNCH)**

As an adaptogen, the reishi mushroom is a [powerhouse with numerous health benefits](#). For example, it boosts your immune system, reduces the risk of cancer, defends your body's cells from oxidation and damage, reduces chronic fatigue and can even support a healthier cardiovascular system!

This crisp, refreshing salad pairs antioxidant-rich greens with a creamy, indulgently rich dressing. The dressing is a great source of healthy fats and satisfying flavor, and it also sneaks in a full dose of healthy reishi mushrooms (you can find dried reishi mushrooms in most health food stores, some specialty shops, and Asian grocery stores).

### **SALAD**

5 ounces spring greens mix (or any greens that you enjoy)  
1/2 English cucumber, thinly sliced  
1/2 sweet white onion, peeled and julienned  
1/2 cup toasted pumpkin seeds

### **DRESSING**

1/3 cup tahini  
1/3 cup olive oil  
2-3 cloves fresh garlic, peeled  
1 tbsp grainy dijon mustard  
3-4 dried reishi mushrooms  
Pinch of salt and pepper

Add all of the dressing ingredients to a blender and blend until creamy. Add water until the dressing is to your desired consistency (some people like a thick, rich dressing while others prefer a lighter drizzle).

Assemble the salad and generously cover in dressing. Toss and enjoy!

## **Adaptogen Recipes: Raw Raspberry Licorice Mini Cakes (DINNER)**

This culinary delight is less a main dish, and more the healthy superstar of your post-meal indulgences. Unlike candy licorice, real licorice root has an array of anti-stress adaptogenic benefits, and licorice also provides soothing digestive effects that are ideal for wrapping up your meal.

These delectable mini cakes are 100 percent plant-based and raw, and provide a startling amount of antioxidants, vitamins, and minerals from healthy ingredients like cashews, fresh berries and even beets.

It might taste sinful, but it is completely guilt free.

### **CRUST**

- 1 cup raw almonds
- 1/2 cup dried coconut flakes
- 1 1/2 tsp salted licorice powder
- 1/4 tsp pure vanilla extract
- 1/2 tsp dried star anise
- A handful of dried dates

### **RASPBERRY FILLING**

- 1/2 cup fresh raspberries (you can use frozen if you let it thaw completely)
- 1 cup soaked raw cashews
- 1/4 cup agave nectar
- 1/4 tsp pure vanilla extract
- 1 tbsp fresh beet juice
- Juice from one lemon (approximately 2 tbsps)
- 1/4 cup coconut oil

### **LICORICE FILLING**

- 1 cup soaked raw cashews
- 1/4 cup agave nectar
- 2 1/2 tsp salted licorice powder
- 1/2 tsp pure vanilla extract
- 1/8 cup water
- 1/4 coconut oil

Grease a mini cupcake pan and set aside.

Make the crust by placing all the ingredients in a blender and pulsing until well-combined.

Press the crust into the bottoms of each cup in your mini cupcake pan. Place in your fridge to chill.

Make the filling. Start with the raspberry filling by blending all the ingredients together with the exception of the coconut oil. Blend until smooth and creamy, then stir in the coconut oil.

Do the exact same thing with the licorice filling.

To assemble the mini cakes, pour the licorice filling into each section of the cupcake pan. Use enough to fill the cupcake indentations approximately a third full. Top the rest of the cupcake dish with the raspberry filling. Use a spoon or knife and swirl quickly to create a swirling pattern.

Put the cupcake pan into a freezer overnight to set the filling, then enjoy!

## More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. **Thymic proteins** are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. **BioPro-Plus 500** offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



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