



# COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



# Smooth way to boost your immune system

## FRUIT AND VEG DRINKS FULL OF VITAMINS

### TURMERIC GOLDEN MILK

Farzana Kumandan

**Ingredients**  
 1 to 2 cups milk or almond milk  
 ¼t turmeric  
 ½t size piece ginger  
 Cracked black pepper  
 A pinch of fine cinnamon  
 Honey

**Method**  
 In a pot, bring all the ingredients (except the honey) to a boil and simmer for 5 minutes. Turn off the heat, allow to cool slightly, strain, add in the honey and enjoy warm.



IMMUNE BOOSTER: Turmeric golden milk

**HELLO September and Happy Spring everyone!**  
 Spring is in the air and everything outside looks so much brighter. The skies are clearer, the mornings are more crisp and the *blommetjies* are colourful. Although the days are getting warmer, it is important to still be cautious, stay safe and take care of our health. With all the yummy fruit and veg we have in season, we can take full advantage of all the benefits and nutrition we get from eating it. All these colourful veg and fruit can help strengthen our immune system by "Eating the Rainbow", that means eating different colours every day.

BY FARZANA KUMANDAN

When we felt the flu coming on, Mom always doubled up on Vitamin C by giving us oranges and I always remember her saying "an apple a day keeps the doctor away". There's so much truth in this saying and there's a wide range of health benefits that come from eating colourful fruits and veg.

**Nutrients**  
 It's linked to high levels of specific nutrients, especially if you consume at least two from each colour every day. Red fruits are nature's powerhouse in nutrition and include beets, strawberries, raspberries, red apples, cranberries, cherries and pomegranate. Orange and yellow fruits are packed with nutrients and are rich in Vitamin C. Yellow Fruits include the beautiful citrus family like lemons, oranges, and grapefruit and also pineapple, papayas, peaches, and apricots. Green coloured fruits and vegetables are some of the healthiest foods you can eat and when put together they can make a mean green juice or smoothie. They include kale, spinach, celery, cucumbers, avocado, kiwi, green grapes and green apples. So let's boost our immune systems with the help of Mother Nature. Enjoy and stay safe, Love your Cooksister

### HONEY GINGER LEMON TEA



Farzana Kumandan

**Ingredients**  
 2 cups of water  
 ½ juice of fresh lemon  
 1t honey  
 ½t piece fresh ginger

**Method**  
 In a pot, bring to boil all the ingredients and simmer for 2 minutes. Turn off the heat, allow to cool slightly, strain and enjoy while still warm.

### GINGER & APPLE CIDER TEA

Farzana Kumandan

**Ingredients**  
 1 cup water  
 ¼ tsp raw grated ginger  
 ½ tsp tea leaves  
 1 tsp apple cider vinegar  
 1 tsp honey

**Method**  
 In a pot bring to boil the water, ginger and tea leaves and simmer for 2 minutes. Turn off the heat and add the honey and apple cider vinegar. Allow to cool and strain. Enjoy warm



### GREEN SMOOTHIE

**Ingredients**  
 4 to 5 leaves of kale or spinach  
 2 bananas  
 1 cup blueberries  
 A few slices cucumber  
 Mint leaves

Inch ginger  
 Dash lemon juice

**Method**  
 Add all ingredients to your blender and whiz until smooth



### TROPICAL SMOOTHIE

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**Ingredients**  
 1 cup mango pieces  
 1 cup pineapple pieces  
 ¼ cup double cream yoghurt  
 ¾ cup milk or orange juice

**Method**  
 Add all ingredients to your blender and whiz until smooth

### GREEN JUICE

Farzana Kumandan

**Ingredients**  
 1 small cucumber  
 3 celery stalks  
 1 tsp size ginger

**Method**  
 Juice or blend all ingredients together and enjoy.