

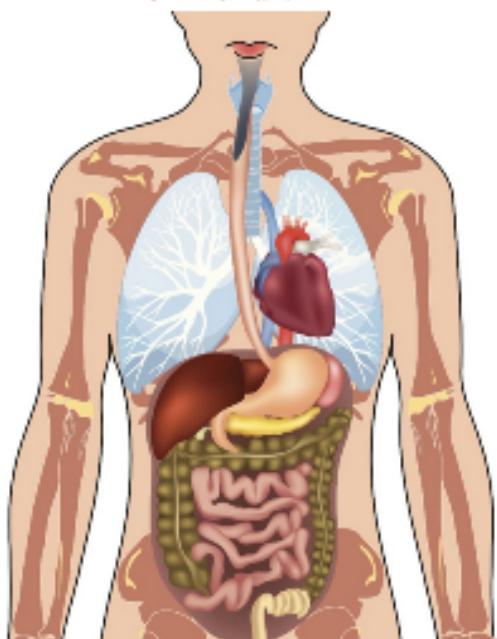
Steamed Color Vegetables For Better Immune System!

蒸颜色蔬菜为更好的免疫系统！



Boost Immune System

促进免疫系统



Consuming high fiber of fruits & vegetables will help to improve health issues like bloatedness, constipation, digestion and skin problems, etc. While **consuming a combination of different colors of fruits & vegetables will be more beneficial to our better health because of their unique nutrients in proteins, vitamins, minerals & fiber, etc.** Their right combination will provide a full spectrum of nutrients that our body need for optimal health, protects against diseases and slows the aging process, etc. They are low in calories & sodium, contain no cholesterol and high in fiber.

Color Vegetables also provides nutrients which helps to promote 5 organs' health (Heart, Lungs, Spleen, Liver & Kidneys). It is a healthy natural choice for ideal weight management, too.

Serving size: 2 servings of rice bowl size.

Prep Time : 20 mins

Cook Time : 8-10 mins

Total Time : 30 mins

Benefits: Helps to improve bloatedness, constipation, digestion, skin problems, boost immune system, protects against diseases and slows the aging process, etc. Also, helps to promote 5 organs' health (Heart, Lungs, Spleen, Liver & Kidneys). **Aids in weight loss.**

Ingredients

(1) Broccoli – 6 florets. Wash and cut into small bite size pieces.

(2) Carrot, 3-4 inches length – 1 no. Wash and cut into thin ring size.

(3) Goji Berries – 10-15 nos.

(4) Purple Cabbage, hand palm size – 2 pieces. Wash and cut into thin strips of 2 inches length.

(5) White Cauliflower – 2 florets. Wash and cut into small bite size pieces Or **White Cabbage**, hand palm size – 2 pieces. Wash and cut into thin strips of 2 inches length.

(6) Apple Cider Vinegar – 75 ml = 5 tablespoons.

(7) Olive Oil – 2 teaspoons. (Other healthy oils choices: **Chia Seeds Oil, Coconut Oil or Avocado Oil**, etc)

(8) Button Mushrooms – 4-6 nos. Wash & cut into bite-size pieces. **If use canned button mushrooms, do remember to soak cut Button mushrooms in water for 5-10 minutes to remove its preservatives.**

(9) Coriander Leaves – 1 stalk for garnishing. Wash & cut into small pieces.

(10) Black Soybean Thick Sauce – 1-2 teaspoons.

(11) Pepper Powder to taste.

*** Daily recommended intake: Broccoli ½-1 cup, Button Mushrooms ½-1 cup, Cabbage (All colors) ½-2 cups, Carrot ½ cup & Goji Berries 15-30 grams.**

Preparation

(1) Put all cut **Color Vegetables except Coriander Leaves**, 1 type of vegetable at a time into a basin of **Apple Cider Vinegar solution** for 1-2 minutes to remove its preservatives, then rinse in water again to remove **Apple Cider Vinegar** smell. (Ratio: 3 parts Water = 225ml & 1 part **Apple Cider Vinegar** = 75 ml). After rinsing, put all **Color Vegetables**, side by side into a vegetable strainer to remove excess water.

(2) Prepare a porcelain or glass plate & arrange all **Color Vegetables** on the plate and pour the **Olive Oil** over the **Color Vegetables**.

(3) Put the plate of **Color Vegetables** into the electric steamer & set the electric steamer's timing to 6-8 minutes.

(4) Once 6-8 minutes is up, let the **Steamed Color Vegetables** steep for 2 minutes.

(5) After 2 minutes are up, remove the electric steamer's cover, then sprinkle some **Pepper Powder** and pour the Black Soybean Thick Sauce onto the **Steamed Color Vegetables**, garnish with **Coriander Leaves** & serve hot.

Note

(1) Suitable for everyone and **especially for those who have constipation, digestion problems or want to have better skin & immune system.**

(2) Moderate intake of Cruciferous Vegetables like Broccoli, Chinese Kale, Cabbage (White & Purple), Cauliflowers (All colors), Corn, Mustard Greens, Radish, Sweet Potatoes & Tapioca, etc for those who have **Hypothyroidism** or on **Hypothyroidism Medication** because **Cruciferous Vegetables** contain goitrogens, which can inhibit our body's uptake of iodine, therefore they may aggravate **Hypothyroidism's** condition.

(3) Moderate intake of Goji Berries if you are pregnant or breast-feeding because **Goji**

Berries contain a chemical known as **Betaine** which may cause miscarriage.

(4) For those who are on **Hypothyroidism Medication**, take in moderation of **Mushrooms** BUT for those who have **hyperthyroidism**, to avoid taking because the iodine in **Mushrooms** may increase thyroid hormones level.

(5) Moderate intake of Mushrooms for those who have **Gout, Skin Allergies or Auto-immune diseases such as Multiple Sclerosis, Lupus & Rheumatoid Arthritis, etc** because they contain **uric acid (Purine)** which may aggravate their conditions.

(6) Mushrooms have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.

(7) For Thyroid health: Consume vegetables in combination of 50% of **Cruciferous Vegetables** like **Broccoli, Chinese Kale, Cabbage (White & Purple), Cauliflowers (All colors), Corn, Mustard Greens, Radish, Sweet Potatoes & Tapioca, etc** with 50% of **Iodine's food sources** like **Seafood (Eg: Fish, Crabs, Prawns, Octopus & Mussels, etc), mushrooms, kelp, seaweed and watercress** to balance your thyroid hormones level.

(8) For better health, advisable to consume fruits and vegetables in the right combination of 60% green color, 10% red color, 10% black/ purple & blue color, 10% orange & yellow color and 10% white/ tan & brown color.

Caution: To consume this recipe at an interval of ½ to 1 hour from medications. If you are pregnant, breastfeeding or having any medical conditions, please seek your health expert before consuming this recipe.