

IMMUNO-BOOSTING RECIPES FOR GUILLIAN BARRE SYNDROME

*****BEVERAGES & SMOOTHIES*****

1. Amla, Ginger & Cucumber Kanji:

No. of portions: 4 glasses

Time for preparation: 10 minutes (plus 3-4 days for fermentation)

Nutritional highlights: This refreshing probiotic drink is packed with vitamin C from amla, which strengthens immunity and fights infections. Ginger adds anti-inflammatory benefits, while mustard seeds aid digestion. Fermentation enhances gut health, making this kanji a powerful detoxifying and immune-boosting beverage.

Ingredients:

- Amla (Indian gooseberry): 4-5, chopped
- Ginger (grated): 1-inch piece
- Cucumber (grated) : 1 small
- Mustard seeds: 1 teaspoon
- Black salt: 1 teaspoon
- Turmeric powder: 1/2 teaspoon
- Red chili powder: 1/2 teaspoon
- Water: 4 cups
- Jaggery: 1 teaspoon

Instructions:

- Blend amla with a little water to make a coarse paste or strain its juice.
- Grate the cucumber and ginger.
- In a large glass or clay jar, add water, amla paste/juice, grated cucumber, and ginger.
- Stir in crushed mustard seeds, black salt, turmeric, red chili powder, and jaggery (if using).
- Cover the jar with a muslin cloth and let it ferment in sunlight or a warm place for 3-4 days.
- Stir it once or twice a day using a wooden spoon.
- Once fermented, strain the kanji and serve chilled.
- Garnish with a few cucumber slices or mint leaves if desired.

2. Golden Glow Elixir:

No. of portions: 2 small glasses

Time for preparation: 10 minutes

Nutritional highlights: The Golden Glow Elixir is a powerhouse of beta-carotene, vitamin C, and essential antioxidants that promote skin health, immunity, and anti-inflammatory benefits. Carrots support vision and skin health, while oranges provide hydration and boost collagen synthesis. Flaxseeds offer omega-3 fatty acids and fiber, aiding digestion and heart health, while cinnamon helps regulate blood sugar levels.

Ingredients:

- Carrots (peeled and chopped): 2 medium
- Oranges (peeled and segmented): 2
- Flaxseeds (lightly roasted and ground): 1 tablespoon
- Cinnamon powder: 1/4 teaspoon
- Water: 1/2 cup
- Honey (optional): 1 teaspoon

Instructions:

- Blend the carrots, oranges, and water until smooth.
- Strain the juice using a fine sieve or enjoy as is for extra fiber.
- Stir in ground flaxseeds and cinnamon powder.
- Add honey if desired, mix well, and serve fresh.

3. Beetroot, Watermelon & Lemon Juice:

No. of portions: 3 servings

Time for preparation: 10 minutes

Nutritional highlights: This vibrant juice is packed with antioxidants, vitamin C, and nitrates, helping improve blood circulation, hydration, and immune function. Beetroot enhances oxygen flow, watermelon provides electrolytes for hydration, and lemon adds detoxifying benefits while boosting iron absorption.

Ingredients:

- Beetroot (peeled and chopped): 1 small (100g)
- Watermelon (deseeded and chopped): 2 cups (300g),
- Lemon juice: 1 tablespoon (15ml)
- Ginger (grated): ½ inch piece (optional)
- Chilled water: ½ cup (100ml) (adjust as needed)
- Honey: 1 teaspoon (optional)
- Ice cubes: as needed

Instructions:

- In a blender, add chopped beetroot, watermelon, and grated ginger.
- Blend until smooth, adding chilled water gradually for consistency.
- Strain the juice using a fine sieve (optional for a smoother texture).
- Add lemon juice and honey (if using) and mix well.
- Pour into glasses, add ice cubes, and serve immediately for a refreshing boost!

4. Pistachio & Saffron Smoothie

No. of portions: 1 serving

Time for preparation: 5 minutes

Nutritional Highlights: This creamy, antioxidant-rich smoothie is packed with healthy fats from pistachios, which support heart health and skin glow. Saffron enhances mood and has anti-inflammatory properties, while banana and honey provide natural energy. A luxurious and nourishing drink to kick-start your day!

Ingredients:

- Milk – 1 cup (200ml)
- Pistachios – 2 tablespoons
- Banana – ½, ripe
- Honey – 1 teaspoon (or as per taste)
- Saffron strands – 4-5 (soaked in 1 tablespoon warm milk)
- Cardamom powder – ¼ teaspoon
- Ice cubes – 3-4 (optional)

Instructions:

- Soak saffron strands in warm milk for 5 minutes.
- In a blender, add soaked pistachios, banana, milk, honey, and cardamom powder.
- Pour in the saffron-infused milk and blend until smooth.
- Add ice cubes and blend again for a chilled smoothie.
- Serve in a glass, garnished with crushed pistachios and a few saffron strands.

5. Mixed Berries Smoothie

No. of portions: 1 serving

Time for preparation: 5 minutes

Nutritional Highlights: This vibrant, antioxidant-rich smoothie is loaded with vitamins C from berries, supporting immunity and skin health. Greek yogurt provides probiotics for gut health, while chia seeds add fiber and omega-3s for a balanced energy boost. A perfect refreshing and nutritious drink!

Ingredients:

- Mixed berries (strawberries, blueberries, raspberries, blackberries) – ½ cup

- Banana – ½, ripe (for natural sweetness)
- Greek yogurt – ¼ cup
- Milk/Almond milk – ½ cup
- Honey – 1 teaspoon (optional)
- Chia seeds – 1 teaspoon (optional, for fiber & omega-3)
- Ice cubes – 3-4

Instructions:

- In a blender, add mixed berries, banana, Greek yogurt, and milk.
- Blend until smooth and creamy.
- Add honey if needed for extra sweetness.
- Toss in ice cubes and blend again for a chilled texture.
- Pour into a glass and garnish with chia seeds or a few whole berries.

*****BREAKFAST/SNACKS*****

1. Sweet Potato & Spinach Corn Cutlets with Powdered Walnuts

No. of portions: 2 servings (6-8 cutlets)

Time for preparation: 30 minutes

Nutritional Highlights: These cutlets are a nutrient-dense snack, rich in fiber, vitamin A, iron and plant-based omega-3s from walnuts. Sweet potatoes provide slow-releasing energy, spinach boosts iron and folate, and corn adds natural sweetness and fiber. The walnuts contribute to brain and heart health, making these cutlets both delicious and wholesome!

Ingredients:

- Sweet potato (boiled and mashed): 1 large (200g)
- Spinach (finely chopped): 1 cup (70g)
- Sweet corn (boiled and coarsely mashed): ½ cup (60g)
- Walnuts (powdered): 2 tablespoons
- Green chilies (finely chopped): 1-2
- Garlic (minced): 2 cloves
- Ginger (grated): ½ inch piece
- Coriander leaves (chopped): 2 tablespoons
- Roasted gram flour (sattu) or breadcrumbs: 2 tablespoons (for binding)
- Cumin powder: ½ teaspoon
- Black pepper powder: ¼ teaspoon
- Salt: to taste
- Oil: 2 teaspoons (for shallow frying)

Instructions:

- In a large bowl, combine mashed sweet potato, spinach, corn, powdered walnuts, green chilies, garlic, ginger, and coriander leaves.

- Add cumin powder, black pepper powder, salt, and roasted gram flour. Mix well to form a dough-like consistency. If needed, add more gram flour for binding.
- Divide the mixture into small portions and shape them into round or oval cutlets.
- Heat a non-stick pan with 2 teaspoons of oil. Shallow-fry the cutlets on medium heat for 3-4 minutes per side until golden brown and crisp.
- Enjoy warm with mint chutney or hung curd dip!

2. Bean Sprouts Paratha

No. of portions: 2 servings (4 parathas)

Time for preparation: 40 minutes

Nutritional Highlights: This fiber-rich and protein-packed paratha combines the goodness of bean sprouts, whole wheat, and spices, making it a nutritious and delicious meal. Bean sprouts provide plant-based protein, vitamin C, and antioxidants, supporting digestion and immunity. The whole wheat base ensures slow-releasing energy, making it a wholesome breakfast.

Ingredients:

For the Dough:

- Whole wheat flour: 1 cup (120g)
- Salt: ¼ teaspoon
- Water: as required
- Oil: 1 teaspoon

For the Filling:

- Bean sprouts: ½ cup (70g)
- Onion: 1 small (50g)
- Green chilies: 1
- Ginger-garlic paste: ½ teaspoon
- Cumin seeds: ½ teaspoon
- Turmeric powder: ¼ teaspoon
- Coriander powder: ½ teaspoon
- Black pepper powder: ¼ teaspoon
- Salt: to taste
- Fresh coriander leaves: 1 tablespoon, chopped
- Oil: 1 teaspoon for cooking the filling + for roasting the parathas

Instructions:

- In a bowl, mix whole wheat flour and salt.
- Add water gradually and knead into a soft, pliable dough.
- Add oil and knead for another minute. Cover and let it rest for 15 minutes.
- Heat 1 teaspoon of oil in a pan. Add cumin seeds and let them splutter.
- Add onions, green chilies, and ginger-garlic paste. Sauté until onions turn translucent.

- Add chopped bean sprouts, turmeric, coriander powder, black pepper, and salt. Mix well and cook for 2-3 minutes until the mixture is dry.
- Turn off the heat and add fresh coriander leaves. Let the mixture cool completely.
- Divide the dough into equal portions and roll into small discs.
- Place a spoonful of the bean sprouts filling in the center, gather the edges, and seal.
- Roll gently into a paratha of medium thickness, ensuring the filling doesn't spill out.
- Heat a tawa or griddle. Place the rolled paratha and cook on medium heat.
- Flip when bubbles appear and apply a little oil.
- Cook until golden brown on both sides, pressing gently for even cooking.
- Repeat for the remaining parathas.
- Serve warm with yogurt, pickle, or chutney of choice.

*****MAIN MEALS*****

1. Chicken & Bajra Pulao

No. of portions – 2 servings

Time for preparation – 45 minutes

Nutritional Highlights: This high-protein, high-fiber pulao combines lean protein from chicken with fiber-rich bajra, making it a gut-friendly, energy-boosting meal. Bajra is a great source of iron, magnesium, and antioxidants, supporting heart health and digestion. The combination of whole grains and protein makes it a satisfying and nutrient-dense dish.

Ingredients:

- Chicken: 200g
- Bajra (soaked for 4-6 hours): ½ cup (100g)
- Basmati rice (washed and soaked): ½ cup (100g)
- Onion: 1 medium (70g)
- Tomato: 1 medium (70g)
- Green chilies: 1-2,
- Ginger-garlic paste: 1 teaspoon
- Cumin seeds: ½ teaspoon
- Bay leaf: 1
- Cloves: 2
- Green cardamom: 2
- Cinnamon stick: 1 small piece
- Turmeric powder: ½ teaspoon
- Coriander powder: 1 teaspoon
- Garam masala: ½ teaspoon
- Black pepper powder: ¼ teaspoon
- Salt: to taste
- Fresh coriander leaves: 2 tablespoons
- Oil/ghee: 1 tablespoon

- Water: 2 cups

Instructions:

- Drain the soaked bajra and cook it in 1 cup of water for 15-20 minutes until soft but not mushy. Keep aside.
- Heat oil or ghee in a pressure cooker or heavy-bottomed pan. Add cumin seeds, bay leaf, cloves, cardamom, and cinnamon. Sauté for a few seconds.
- Add sliced onions and sauté until golden brown. Add ginger-garlic paste and green chilies. Sauté until the raw smell disappears. Add chicken pieces and cook for 5 minutes until lightly browned.
- Add chopped tomatoes, turmeric, coriander powder, garam masala, black pepper, and salt. Cook until tomatoes soften and the masala blends well.
- Add the soaked basmati rice and cooked bajra. Mix gently to coat with the spices.
- Pour 1 cup of water (adjust as needed), cover, and cook. If using a pressure cooker, cook for 1 whistle on medium heat. If using a pan, cover and simmer for 15 minutes until the rice and bajra are well-cooked.
- Let the pulao rest for 5 minutes. Fluff with a fork and garnish with fresh coriander leaves. Serve hot with raita or yogurt.

2. Sweet Potato Kofta Curry

No. of portions: 2 servings

Time for preparation: 45 minutes

Nutritional Highlights: This flavorful and nutrient-dense dish brings together the goodness of sweet potatoes, gram flour, and aromatic spices. Sweet potatoes are rich in fiber, vitamin A, and antioxidants, supporting eye health, digestion, and immunity. The cashew-based curry enhances creaminess and healthy fats, making it a nourishing and satisfying meal.

Ingredients:

For the Koftas:

- Sweet potatoes: 1 cup (mashed, 150g)
- Gram flour (besan): 2 tablespoons
- Onion: 1 small (50g)
- Green chilies: 1
- Ginger-garlic paste: ½ teaspoon
- Coriander leaves: 1 tablespoon
- Cumin powder: ½ teaspoon
- Garam masala: ½ teaspoon
- Salt: to taste
- Oil: for shallow frying

For the Curry:

- Onion: 1 medium (75g)
- Tomato (pureed): 1 large (100g)

- Cashews (soaked and blended into a paste): 8-10, Ginger-garlic paste: 1 teaspoon
- Cumin seeds: ½ teaspoon
- Turmeric powder: ¼ teaspoon
- Coriander powder: ½ teaspoon
- Red chili powder: ½ teaspoon
- Garam masala: ½ teaspoon
- Fresh cream or coconut milk: 2 tablespoons (optional)
- Water: 1 cup (as needed)
- Oil: 1 tablespoon
- Salt: to taste
- Fresh coriander: for garnish

Instruction:

- In a bowl, mix mashed sweet potatoes, gram flour, onions, green chilies, ginger-garlic paste, coriander, cumin powder, garam masala, and salt.
- Combine well to form a dough. If sticky, add a little more gram flour.
- Shape into small round koftas.
- Heat oil in a pan and shallow-fry the koftas until golden brown and crispy. Drain on a tissue and set aside.
- Heat oil in a pan and add cumin seeds. Let them splutter.
- Add onions and sauté until golden brown.
- Add ginger-garlic paste and sauté for a minute until the raw smell disappears.
- Add tomato puree and cook until oil separates.
- Add turmeric, coriander powder, red chili powder, and salt. Mix well and cook for 2 minutes.
- Stir in cashew paste and cook for another 2-3 minutes.
- Add water as needed and let the curry simmer for 5 minutes.
- Finish with garam masala and cream (if using). Stir well.
- Gently add the koftas to the simmering curry and turn off the heat.
- Let the koftas soak for 2 minutes before serving.
- Garnish with fresh coriander leaves.
- Serve hot with jeera rice, naan, or chapati.

3. Pad Thai Noodles with Mackerel

No. of portions: 2 servings

Time for preparation: 30 minutes

Nutritional Highlights: This omega-3-rich Pad Thai brings together the anti-inflammatory benefits of mackerel with complex carbohydrates from rice noodles for sustained energy. The peanuts contribute healthy fats and protein, while tamarind and lime add a refreshing tang. A well-balanced meal that's flavorful, nutritious, and perfect for seafood lovers!

Ingredients:

For the Noodles:

- Rice noodles: 150g
- Mackerel fillet (boneless & flaked): 1 medium (150g)
- Eggs: 1, lightly beaten
- Garlic: 3 cloves, minced
- Spring onions: 2, chopped
- Bean sprouts: ½ cup
- Carrot (julienned): 1 small (50g)
- Peanuts (crushed): 2 tablespoons, crushed
- Oil: 1 tablespoon
- Fresh coriander: for garnish
- Lime wedges: for serving

For the Sauce:

- Soy sauce: 1 tablespoon
- Fish sauce: 1 tablespoon
- Tamarind paste: 1 tablespoon
- Brown sugar or palm sugar: 1 teaspoon
- Red chili flakes: ½ teaspoon (optional)

Instructions:

- Soak rice noodles in warm water for 10–15 minutes until soft but not mushy. Drain and set aside.
- In a small bowl, whisk together soy sauce, fish sauce, tamarind paste, sugar, and red chili flakes. Set aside.
- Heat oil in a wok or large pan over medium heat.
- Add minced garlic and white parts of the spring onion. Sauté for 30 seconds.
- Add flaked mackerel and cook for 2–3 minutes until slightly crispy. Remove and set aside.
- In the same pan, push everything to one side and pour in the beaten egg. Scramble lightly.
- Add the soaked rice noodles and pour the prepared sauce over them. Toss everything together.
- Add bean sprouts, julienned carrot, and cooked mackerel. Stir-fry for 2–3 minutes until well combined.
- Remove from heat and sprinkle with crushed peanuts and green spring onion tops.
- Garnish with fresh coriander and serve with lime wedges.