



Immune Boosting Harvest Soup

By Hazel Ballantine Nutrition

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I'm an obsessive soup maker, and this recipe has become a true staple in our home during autumn and winter. When the nights turn colder, there's nothing I love more than a steaming mug of soup topped with roasted pumpkin seeds for a boost of protein and zinc.

This nourishing bowl is packed with goodness—vitamin C, iron, zinc, beta-carotene, omega-3s, quercetin, and even collagen if you use a high-quality bone broth.

With the wood-burner glowing, a comfy armchair to sink into, and scented candles flickering by the hearth, it feels like a warm hug. There's such comfort in knowing I'm nourishing my body and supporting my immunity as we head into the colder months.

Ingredients

1 medium butternut squash, peeled and cubed
2 medium carrots, sliced
1 medium sweet potato, peeled and cubed
1 medium onion, chopped
3 cloves garlic, minced (leave to rest for 10 minutes for maximum benefit)
1-inch piece fresh ginger, grated
1 tbsp olive oil
1 tsp turmeric
½ tsp cinnamon
4 cups bone broth for digestive health or vegetable stock(bouillon)
1 cup kale or spinach, chopped (for vitamin K, C, and folate)
Juice of ½ lemon (to enhance iron absorption & add vitamin C)
Sea salt & black pepper, to taste
Add some roasted pumpkin seeds as a topping for some extra zinc

Instructions

1. Heat olive oil in a large pot over medium heat. Sauté onion until translucent.
2. Add garlic and ginger; cook for 1–2 minutes until fragrant.
3. Stir in squash, carrots, and sweet potato. Sprinkle with turmeric, cinnamon, salt, and pepper.
4. Pour in the broth, bring to a boil, then reduce heat and simmer for ~20 minutes, until vegetables are tender.
5. Use an immersion blender (or transfer to a blender in batches) to blend until smooth and creamy.
6. Stir in chopped kale/spinach and simmer for 2–3 minutes until wilted.
7. Finish with a squeeze of lemon juice.
8. Serve hot, topped with toasted pumpkin seeds for crunch and extra nutrients.

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