



A healthy body starts with a diet full of variety.

Immune-boosting ingredients and recipes

Cold and flu season is upon us and a healthy body and strong immune system can help us recover faster – and hopefully help us not get sick in the first place. Keep reading to find out what foods help to boost your immune system. The best part? We've included some delicious recipes that you can create using these foods which will be a lot more enjoyable than swallowing vitamins.

Capsicum

We've been told for years that a big glass of orange juice is the best thing to boost your vitamin C levels and help to support your immune system, but did you know that capsicum (also known as bell peppers) actually [contain twice as much Vitamin C](#) as citrus?

Get your daily dose by chopping them into a fresh salsa or with this [stuffed capsicum recipe](#).

Broccoli

It might be considered a side dish, but broccoli is worthy of an upgrade. Look beyond simply boiling the colour out of it and explore other methods of cooking this cruciferous vegetable – steaming, roasting and grilling all offer new and delicious flavours. It's packed full of vitamins A, C and E, so [broccoli really is a superfood](#). So, if you love broccoli you need to take a look at our [NEFF Steam Oven](#) which is a normal hot air oven and steamer in one!

Garlic

This popular flavour enhancer can do even more for your recipes than just seasoning. With high levels of allicin – sulphur-containing compounds that give garlic its distinctive smell – you're supporting your body's ability to actively fight germs.

You can find garlic in plenty of our recipes including [curries](#), [pasta](#) and even [salad](#).

Almonds

[Vitamin E](#) often gets sidelined by Vitamin C when talking about immune health, but it can be just as helpful to help fight common colds and flus. It's fat-soluble, meaning you need the presence of fat to absorb its benefits properly. Luckily, nuts like almonds contain not just the vitamin but the fat so you're getting a double dose. [Our almond cake can be a sweet treat with benefits if you want to increase your Vitamin E levels with something decadent.](#)

Chicken

It might seem like a soothing old wives' tale, but [chicken really is good when you've got a cold](#). Packed full of Vitamin B-6, it can help support the vital chemical reactions in your body that prevent you from getting sick. [Support general health with a delicious roast chicken, or try our chicken soup to help ease the symptoms of a cold.](#)

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

[Learn more about NEFF here.](#)