



Traditional Chinese Medicine
inspired
9 Blood and Qi nourishing recipes



In Chinese Medicine, each meal is an opportunity to support the body on many levels. Food can strengthen digestion, helping the body create steady energy throughout the day, while also gently influencing our emotional state by calming and grounding the nervous system. Thoughtfully chosen ingredients can support hormonal balance, nourish the immune system, and help the body feel resilient. When meals are aligned with the seasons, they also support the body's natural rhythms, allowing us to live in harmony with nature and ourselves.

Created for YOU by Ren



Breakfast Rice Congee with Shiitake Mushrooms

Ingredients



1 cup rice
6 cups vegetable or bone stock
4–5 shiitake mushrooms, sliced
1 small carrot, diced
2–3 spring onions, sliced
Pinch of salt
Drizzle of sesame oil

Method



Rinse sticky rice and add to stock, bring to boil. Adding water slowly if needed, simmer 30–40 minutes until porridge-like. Add mushrooms and carrots 10 min before finishing. Serve warm with spring onions, dash of tamari and sesame oil.



TCM Notes: Congee gently nourishes Spleen and Stomach Qi. Shiitake supports immunity and digestion.



Fragrant Herbal Noodle Broth



Ingredients

Star anise (2-3)
Cinnamon stick (1)
Cloves (3-4)
Coriander seeds (1 tsp)
Cardamom pods (1-2)
Fresh ginger (4 slices)
Vegetable broth (4 cups)
Carrot (1 small, diced)
Onion (½, diced)
Goji berries (10)
Red dates (4)
Noodles
Fresh herbs



Method

Toast spices on sesame oil until fragrant.
Add to broth with vegetables, goji berries
and red dates and simmer.
Until tender.
Cook noodles separately.
Serve broth over noodles with herbs.



TCM Notes: Warming spices regulate Qi and transform Dampness. Red dates and goji nourish Blood.

Black Bean Soup for Kidney Essence



Ingredients

- 1 small piece of kombu
- 1 L water
- 5 slices ginger
- 2 garlic cloves, chopped
- 1 small onion, chopped
- 1 tbsp sesame oil
- 1 tbsp tamari
- 1 carrot, chopped
- 2 cups cooked black beans
- 1 tbsp miso paste
- Fresh coriander
- Black sesame seeds



Method

- Boil kombu 20 min and remove.
- Sauté ginger, garlic and onion in sesame oil.
- Add kombu water, carrot and beans; simmer.
- Stir in miso off heat. Garnish with coriander and sesame seeds.



TCM Notes: Black beans deeply tonify Kidney Qi and Essence. Kombu softens stagnation.



Chinese Blood-Nourishing Soup



Ingredients

- 1 tbsp sesame oil
- 5–10 slices ginger
- 10 garlic cloves, chopped
- 2 onions, chopped
- 1 L water or veg stock
- 5–6 red dates
- 3 longan
- 20 goji berries
- Dangshen pieces
- ½ cup Shaoxing wine
- 1 tbsp miso paste
- Fresh coriander



Method

- Fry ginger in sesame oil, add garlic and onions.
- Cook until caramelized and fragrant.
- Add stock and boil 10 minutes.
- Add herbs and simmer 20 minutes.
- Add miso off heat and garnish with coriander.



TCM Notes: Red dates, goji and longan strengthen Blood, calm the Heart and warm the Spleen.



Savoury Adzuki, Beet & Greens Bowl



Ingredients

- 1 cup dried adzuki beans (or 2 cups cooked)
- 2 small or 1 large roasted beet, cubed
- 3 cups leafy greens
- 1 tbsp coconut aminos
- Dash of olive oil



Method

- Cook adzuki beans until tender.
- Sauté leafy greens.
- Combine beans, beet and greens.
- Season with coconut aminos.



TCM Notes: Adzuki beans drain Dampness gently. Beetroot nourishes Blood and supports Liver harmony.



Warm Chocolate-Dipped Banana Bites



Ingredients

- 2 ripe bananas
- 2-3 tbsp coconut oil
- 2-3 tbsp date syrup
- 2 tbsp cocoa powder
- Toothpicks



Method

- Slice bananas and add toothpicks.
- Heat coconut oil until melted, lower heat and add date syrup, mix until combined.
- Stir in cocoa until thick and creamy.
- Dip bananas and eat warm.



TCM Notes: Bananas moisten dryness; cacao opens the Heart and uplifts mood.



Fragrant Red Bean Rice — Kidney Qi & Heart Blood



Ingredients

- 4 cups sticky rice
- 2 cups dried adzuki beans
- 1–2 tbsp tamari
- 1–2 tbsp white and black sesame seeds, toasted
- Drizzle of olive oil or sesame oil

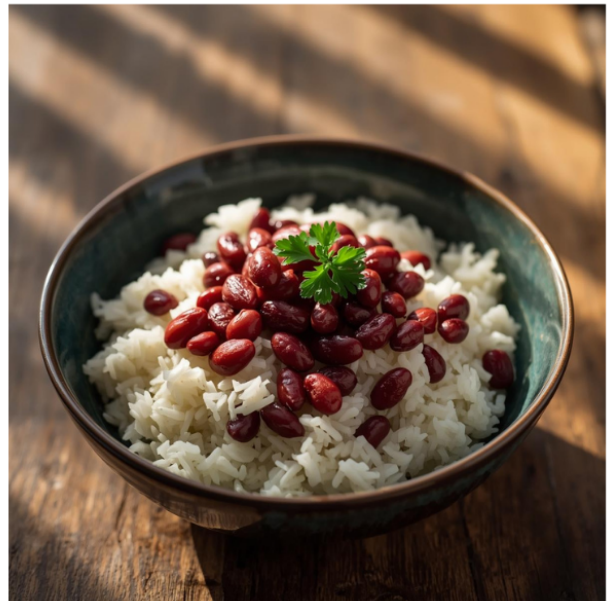


Method

- Cook beans until tender.
- Steam sticky rice until fully cooked.
- Mix beans into rice and season with tamari.
- Sprinkle sesame seeds on top and serve warm.
- Add coriander.



TCM Notes: Adzuki beans tonify Kidney Qi; sticky rice strengthens Spleen and supports Heart Blood; sesame nourishes Yin.



Dehydrated Beetroot with Black Sesame Seeds — Liver Blood Nourisher



Ingredients

- Beetroot, thinly sliced
- Dash olive oil
- Black sesame seeds
- Pinch sea salt



Method

- Preheat oven to 90–120°C or set dehydrator to 60°C.
- Slice beetroot thinly and coat with olive oil.
- Spread on parchment and sprinkle sesame and sea salt.
- Dehydrate: Oven 1.5–2.5 hrs, flipping halfway OR dehydrator 6–8 hrs.
- Cool fully and store in airtight jar.



TCM Notes: Beetroot nourishes Liver Blood; black sesame replenishes Yin and Essence; low heat protects minerals.



Ginger Compress for Kidney Yang



Ingredients

- 2 L water
- Handful grated ginger
- Cotton cloth
- Towels



Method

- Boil water. Once boiled lower heat to minimum.
- Wrap ginger in a cotton cloth and steep for 5 min.
- Dip small towel and apply warm to your lower back.
- Cover with another towel to keep the heat in.
- Repeat for 10–15 minutes.



TCM Notes: Ginger warms Kidney Yang and moves cold stagnation.

