

Nourish

Recipes for Newborn Mothers



By Kristyna Shea

WELCOME

The foods Newborn Mothers eat in the immediate postpartum are meant to provide her body with essential ingredients to aid in the healing process and restore her body after the immense work of giving birth.

Rachelle Garcia Seligia of INNATE Traditions shares that postpartum traditions throughout the world teach that Mothers during postpartum need foods that are: warm in temperature, warming in nature, easy-to-digest, and nutrient-rich.

Foods that are warm in temperature and nature provide a resting Mother's body with essential warmth while she focuses on healing and bonding with her baby. During this tender transition, the Newborn Mother also requires food that is easy-to-digest. It is important that her body's energy is not wasted trying to digest heavy foods, but rather used towards healing and making optimal milk for her baby.

The recipes below are some of my favorite foods to nourish Newborn Mothers and their families. Whether you are cooking for family or a postpartum Mother, let the preparation be fun and joyous! You might want to prepare your space before cooking by cleaning and/or lighting a candle. I often think of my Great Grandmother while I cook, singing old songs and pouring my well wishes for the Mothers and their family with each step. Be creative and allow the process to nourish you as well as you prepare this beautiful, nutrient-rich meal from your heart.

Bon Appétit!

Kristyna

RECIPE

Rose Chocolate Mylk



Ready in 20 minutes

Serves 2-4

Tips

Soaking the almonds overnight will make them easier to blend and more digestible. If you don't have time, soak them for 30 minutes in hot water before transferring to a blender.

Ingredients

- 1 cup almonds (soaked overnight)
- 4 cups filtered water
- 3 tbsp cacao powder
- 1 tsp rose water
- Pinch of sea salt
- Honey to taste

Preparation

- Place all ingredients into a blender and blend until the milk is frothy; 2 to 3 minutes.
- Place your strainer (nut-milk bag, fine-mesh strainer or cheesecloth) over a large bowl and slowly pour the contents of the blender in, allowing the milk to pour into the bowl. You may need to do this in batches depending on the size of your strainer.
- Save the leftover meal in the fridge for 1-2 days to be used in baking or compost it.
- Serve at room temperature or gently warm it up. Refrigerate the rest in a glass jar for up to three days

RECIPE

Pumpkin Spice Custard



This creamy, nutrient-dense recipe is adapted by Heather Dessinger of MommyPotamus.

Ready in **90 minutes**

Serves **6**

Tips

You can replace pumpkin with your favorite squash. Use 4 eggs for a more pie-like consistency and 6 eggs for a fluffier version.

Ingredients

- 1 small pumpkin or squash
- 1/2 C grass-fed beef bone marrow
- 3/4 C milk, yogurt or kefir
- 1 tbsp gelatin powder (optional)
- 4 tbsp honey or maple syrup
- Pinch of sea salt
- 1 tbsp Pumpkin Spice OR 2 tsp cinnamon, 1 tsp ginger, ¼ tsp nutmeg (optional: ¼ tsp allspice)
- 4-6 pastured eggs

Preparation

- **Preheat the oven to 450 F.** Cut a small pumpkin in half and remove seeds. Place face down on a baking dish and cook for 30-45 minutes or until soft. At the same time, place marrow bones in an oven-safe dish and cook for 15 minutes. They are done when the marrow starts to bubble on top.
- When the pumpkin and marrow are finished cooking, turn the oven down to 370 F.
- **Place all ingredients, including the marrow and cooked pumpkin flesh into a food processor** on high and puree until smooth.
- **Pour mixture into a large oven-safe dish** or ramekins and bake at 375 F. Custard in a large dish will take 45 minutes -1 hour. Smaller ramekins will take less time. Watch and remove when it has set in the center.
- **Let sit for 20 minutes before serving to allow it to set.** Refrigerate the rest for up to three days.

RECIPE

Stuffed Dates



This delicious snack recipe was adapted by Jenna Furnari, certified ayurvedic practitioner.

Ready in **10 minutes**

Serves **2-4**

Tips

You can replace almond butter with any other nut butter of your choice and swap out the ghee for coconut oil.

Ingredients

10 organic medjool dates (soft & squishy preferably)

2 tbsp of roasted almond butter

1 tsp of raw honey

1 tsp of ghee

Pinch of sea salt

2 tsp shredded coconut

2-3 drops of vanilla extract

Preparation

- **Slice the dates down the middle and remove the pit.**
- **Mix the remaining ingredients** into a bowl and put aside in the fridge for 20 minutes. This makes the mixture easier to scoop.
- **Spoon the mixture into each of the dates.**
- **Serve immediately** or refrigerate the rest for 2-3 days. Enjoy!

RECIPE

Deluxe Cacao Elixir



Ready in 20 minutes

Serves 2

Tips

Use a mix of water and coconut milk or replace with any other choice of milk. Using an immersion blender, blend before serving to create a frothy texture. Adorn your elixir in dried rose petals and/or add 1 tsp of rose water for a sensual experience.

Ingredients

2 cups coconut milk

3 tbsp cacao powder

1 tsp cinnamon

Pinch of sea salt

1 tbsp ghee

¼ tsp 5 Mushroom Powder by Harmonic Arts (optional)

Honey to taste

Preparation

- **Warm the coconut milk on the stove in a saucepan.**
- **Add all ingredients to the warm milk, whisking frequently until the powder has dissolved.**
- **Serve warm.** Refrigerate the rest in a glass jar for up to three days

RECIPE

Slow Cooker Chicken Stock



Ready in 5-7 hours

Serves 8-10

Tips

Meat stock is full of vital nutrients and minerals to support health and healing. Newborn Mothers can sip this stock throughout the day to stay hydrated and nourished or use it as a base for a cozy, classic chicken soup.

Ingredients

- 1 whole organic chicken (4-6 lbs)
- Filtered water (enough to cover chicken in slow cooker)
- 1 tbsp apple cider vinegar
- 1 tbsp of sea salt
- 1-2 strips of Kombu or Wakame
- 1 onion sliced, 1-2 carrots, 1 inch knob of ginger
- Handful of fresh or dried herbs (rosemary, parsley, sage, thyme, turmeric, pepper, etc)

Preparation

- **Place whole chicken in a slow cooker and sprinkle with salt** (add turmeric and pepper if desired). Add vegetables, seaweed and herbs. Pour filtered water into the slow cooker covering the chicken or until it reaches the max line on your pot.
- **Add apple cider vinegar** and let sit for 30-60 minutes.
- **Cook on high for 4-6 hours.**
- **When finished, remove chicken carefully** as it will be fall-off-the-bone tender. Put aside to cool for 10 minutes before carving.
- **Using a ladle and a fine sieve, strain the stock into a large bowl**, discarding the bits in the compost. Store your stock in glass jars, allowing them to cool completely before transferring to the fridge. Store meat and stock in the fridge for up to 5 days.
- **Enjoy as a nourishing drink or use it as a base for soups and stew.**

RECIPE

Raspberry Leaf Herbal Infusion



Ready in **20 minutes**

Serves **2-4**

Tips

Ideally, you can steep the herbal tea overnight and reheat and strain the next day when ready to use.

Ingredients

3 Tbsp of dried organic raspberry leaf

1 quart of water

Honey to taste (optional)

Preparation

- **Heat 1 quart of water** in a saucepan until it comes to a boil.
- **Place dried herb mixture** into a mason jar
- **Pour the hot water** over the herbal mixture and cover with a lid to keep the essential oils from escaping
- **Steep for a minimum of 20 minutes**
- **Strain and serve warm.**