A GENTLE COOKBOOK

Nourishing Recipes for Newborn Mothers

Comforting, restorative meals for postartum families



The foods a Mother eats in the immediate postpartum are meant to provide her body with the essential nourishment 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 the postpartum period 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 use these recipes to cook for your own family or a postpartum Mother, let the preparation be creative, fun and joyous. You might want to prepare your space before cooking by cleaning and/or lighting a candle and making an intention for the new family. I often think of my Great Grandmother, *Baba*, while I cook, singing old songs and pouring my well wishes for the Mothers and their family with each step of the process.

Let your cooking be an act of love and allow the process to nourish you, too, as you prepare a beautiful, nutrient-rich meal from the heart

Bon Appétit!
Kristyna

Chicken Soup for the *Soul*

Recipe from The First Forty Days by Heng Ou

INGREDIENTS:



- 1 whole organic chicken
- 1 small yellow onion
- 2-inch knob of ginger
- 3 medium carrots
- 5 Chinese red dates (also known s jujubes)
- 3 Tbls of dried goji berries
- Sea salt

INSTRUCTIONS:

- Rinse the chicken under cold water and place in large stock pot and add enough cold water to just cover the chicken. Bring to a boil on medium-high heat uncovered and skim any foam off the top to discard.
- Once boiling, add the onions and ginger and 1 Tbls of high quality sea salt and reduce heat to a simmer for 90 minutes.
- Remove from heat and carefully remove the chicken with tongs to a bowl to cool enough to handle. When cooled, remove the cooked meat from the carcass and add 2 Cups of shredded chicken back into the pot along with the diced carrots and Chinese dates. Bring back to a boil and then reduce to a simmer for 30-60 minutes. In the last 15 minutes of cooking, add the goji berries.

PREP TIME: **30 MIN** COOK TIME: **2 HRS** SERVINGS: **4-6**

Newborn Mothers *Kitchari*

Recipe from Ayurveda Mama by Dhyana Masla

INGREDIENTS:



- ½ C of basmati rice
- ½ C split yellow mung dal
- 6 C of broth (or water)
- 2 Tbls pf ghee
- 1-inch knob of ginger
- 1 tsp of coriander
- 1 tsp of cumin powder
- ½ tsp mustard seeds
- ½ tsp tumeric
- ½ tsp fennel seeds
- ¼ tsp black pepper
- Seal salt to taste
- Optional veggies: sweeto potato, carrots. zuchinni, celery

INSTRUCTIONS:

- Wash the rice until the water runs clear and soak the mung beans in two changes of water. Add the beans to 6 cups of broth (or water) and cook for 20 minutes on low boil.
- Add the rice to the mixture and cook for another 20-30 minutes with the lid on. Add the chopped veggies and cook for another 20 minutes until tender
- Add ghee to a small sauce pan and sauté the seeds until they start to pop. Add in the remaining spices and stir to release the flavours.
- Stir in the sautéed spices into the mung bean, rice and vegetable mixture. Serve with fresh cilantro.

PREP TIME: **30 MIN** COOK TIME: **1 HR** SERVINGS: **4-6**

First Days *Rice Pudding*

Recipe from the Sacred Window Cookbook

INGREDIENTS:



- 1 C basmati rice
- 16 C of water
- ¼ C Ghee
- ½ C of unrefined dark sugar of choice
- ½ C goji berries
- 1 tsp of cinnamon
- 1 tsp of ginger
- 1 tsp of cardamom
- ½ tsp of clove
- Pinch of saffron

INSTRUCTIONS:

- Wash the rice until the water runs clear
- Bring 16 C of water to a boil and then add the rice and goji berries
- Cook on low for 3+ hrs until desired thickness. Then add dark unrefined sugar, ghee and spices.

NOTE: This recipe is very flexible and forgiving. It can also be made in a slow cooker overnight and you can mix and match the spices to your taste. Sub sugar for honey or maple syrup. You also top it with stewed fruit as well (next recipe page)

PREP TIME: **10 MIN** COOK TIME: **3+HR** SERVINGS: **6-8**

Stewed *Fruit*

Recipe from Ayurveda Mama by Dhyana Masla

INGREDIENTS:



- 1 large apple **or** 1 C of a mix of dried fruit such as raisins, dates, and prunes, goji berries, *see notes*
- 1 Tbls ghee
- 3-5 saffron threads
- 1 Tsp cardamom
- ¼ tsp cloves
- ½ tsp fennel seeds
- ¼ C of water
- Optional: 3 soaked dates added to the apples. Omit if using a blend of dried fruit

INSTRUCTIONS:

- Peel the apple and cut it into bite sized chunks.
- In a saucepan, add ghee with saffron, cloves, cardamom and fennel seeds and sauté for two minutes to enhance flavours.
- Add the apples (or dried fruit) and sauté for 2-3 minutes.
- Add 1/4C of water and cover until the apples are soft and transparent

NOTE: Use the dried fruits that are rich in iron during the first 7-10 days of postpartum. After that, you can substitute with apples to help cleanse the digestive system.

PREP TIME: **10 MIN** COOK TIME:**10 MIN** SERVINGS: **1-2**

Almond Thumbprint *Cookies*

Recipe adapted from AyurMama

INGREDIENTS:



- 2 C almond flour
- 8-10 medjool dates
- 4-6 Tbls of melted ghee
- ½ tsp cardamom
- ½ cinnamon
- Pinch of sea salt
- 1 C jam (see notes for an easy homemade recipe below)

INSTRUCTIONS:

- Preheat oven to 350 º F
- Blend almond flour, dates, melted ghee and spices in a blender of food processor until a thick dough mixture is made. Add more ghee if the mixture needs some softening.
- Shape into 1 ½ Tbls balls and press your thumb in the middle to make an indent
- Bake for 10 minutes
- Let cool and fill with your favourite jam!

NOTE: To make a quick simple homemade jam, pour 2 C of frozen berries in a saucepan and cook covered on medium until soft and juicy. Turn heat off and add 2 Tbls of chia seeds and a splash of lemon juice. Blend for a smooth consistency.

PREP TIME: **10 MIN** COOK TIME:**10 MIN** SERVINGS: **6-8**

Chicken Liver *Pâtê*

INGREDIENTS:



- 300 g of chicken liver
- 1 C of butter (or lard or a mix of both)
- 2 onions
- ½ C fresh parsley
- 1 C of broth or meat stock (or cream)
- ¼ C parmesan cheese (or nutritional yeast or any other kind of cheese)
- ¼ C pickle juice (Bubbies Pickles is my favourite!)
- 1 Tsp paprika, salt & pepper
- ½ Tsp nutmeg, cumin, sage, thyme, rosemary

INSTRUCTIONS:

- Melt ½ C butter in a pan and fry onions adding in the spices and cooking until transulcent and soft
- Put cooked onions aside in a bowl. Add the other ½ C of butter and melt.
- Add chicken livers and cook on both sides until done (slightly pink on the inside)
- Transfer onions, cooked livers and remaining ingredients into a food processor and blend until smooth.
- Transfer into jars or small containers and top with melted butter. Cool in the fridge and enjoy with sourdough bread or apple slices

NOTE: I have been testing pate recipes for six years and this is the absolute best one out there. Chicken livers are more mild than others and is a great way to start. I alwasy double the batch and freeze them. I like to cover my chicken livers in lemon juice for 2-3 hrs prioer to cooking.

PREP TIME: **15 MIN** COOK TIME:**30MIN** SERVINGS: **4-6**

Squash, Carrot & *Ginger Soup*

Recipe from Yoga Mama Yoga Baby by Margo Shapiro Bachman

INGREDIENTS:



- 1 medium to large butternut squash
- 2 medium sweet potatoes
- 8 C of water or broth
- 8 medium carrots
- 1-1 inch knob of ginger
- 1 can of coconut milk
- ½ Tbls nutmeg
- ½ Tbls of coriander
- ½ Tbls allspice
- 2 tsp of sea salt

INSTRUCTIONS:

- Preheat oven to 375 º F
- Cut the squash in half and remove seeds. Place facing down in a baking dish with ¼ C of water.
- Wash sweet potatoes and pierce with a fork all over and place on separate baking sheet and bake with the squash until soft about 45 minutes to an hour
- While cooking, place 8 C of broth or water in a pot and bring to a boil adding in the chopped carrots and ginger. Reduce heat and cover for 30 mins then turn off the burner and let rest until the squahs and poatoes are done cooking.
- When the squash and sweet potatoes are done, scoop out the flesh of each and add it to the soup. Add the coconut milk, spices and salt.
- Blend the mixture with an immersion blender until smooth,

PREP TIME: **15 MIN** COOK TIME:**1.5 HR** SERVINGS: **6**

Russian *Custard*

INGREDIENTS:

- 8 egg yolks
- 2-4 tsp of raw honey
- 1 tsp of vanilla extract
- a pinch of sea salt



INSTRUCTIONS:

- Put all ingredients into a blender or stand mixer with a whipping attachment.
- Blend or whip for up to 20 minutes or until the mixture has emulsified and thickens and turns into a pale yellow colour.
- Enjoy immediately!

PREP TIME: **5 MIN** COOK TIME:**20 MIN** SERVINGS: **1**

Black Sesame *Seed Paste*

INGREDIENTS:

- 1 C of black sesame seeds
- 5 Tbls of oil (coconut, sesame or walnut work well)
- 4 Tbls of raw honey
- 1 vanilla bean pod or 1 Tbls of vanilla extract
- Pinch of sea salt



INSTRUCTIONS:

- Place the black sesame seeds in a dry pan over low-med heat for 5-10 minutes stirring occasionally until they release a nice fragrant smell
- Transfer the seeds to a food processor or blender and add the remaining ingredients
- Pulse the mixture for 30-60 seconds at a time ensuring to scrap down the side inbetween until the mixture becomes smooth and oily.
- Store in a container and add to warm milks and teas or hot congees or as a spread on some almond crackers.

PREP TIME: **10 MIN** COOK TIME:**10 MIN** SERVINGS: **6**

Sweet Potato *Brownies*

Recipe from AyurMama

INGREDIENTS:

- 1 large sweet potato
- ½ C almond flour
- ½ C maple syrup
- 3 eggs
- 3 chopped medjool dates
- ¼ C cacao
- 2 tsp shatavari powder
- 1 tsp cardamom powder
- ¼ tsp of baking soda + baking powder + salt



INSTRUCTIONS:

- Preheat oven to 350 º F
- Peel and chop the sweet potato into chunks and steam until soft and mash until smooth or blend
- Add all ingredients in a mixing bowl with the sweet potato until combined
- Pour batter into baking dish and bake for 30-40 minutes until middle is cooked.
- Let cool before serving. Enjoy!
- Optional: top with chocolate chips while hot to create a chocolatey topping

PREP TIME: **20 MIN** COOK TIME:**40 MIN** SERVINGS:**8-10**

Shatavari Cacao *Elixir*

INGREDIENTS:

- 1 Tbls organic cacao
- 1 Tsp Shatavari powder
- 1 Tsp maca powder
- 1 Tsp reishi powder
- 1 C water or milk of choice
- 1 Tbsp raw honey or maple syrup
- Optional: 1 Tbls of ghee or coconut oil



INSTRUCTIONS:

- Warm 1 C of milk or water on stove top and add in remaining ingredients. Blend well. Enjoy warm.

PREP TIME: **5 MIN** COOK TIME: **5 MIN** SERVINGS**: 1**

Dreamy Bedtime *Tonic*

Recipe from AyurMama

INGREDIENTS:

- 3-4 saffron threads soaked in water
- 1 C milk of choice
- A pinch of cardamom
- A pinch of ginger
- 1 Tbsl of honey or maple syrup



INSTRUCTIONS:

- Soak 3-4 strands of saffron in some water for 10 minutes
- Warm up 1 C of milkl on the stove until steamy.
- Add spices, strained saffron threads and sweetner and blend with an immersion blender.
- Enjoy warm before bed.

PREP TIME: **5 MIN** COOK TIME: **5 MIN** SERVINGS**: 1**

Nutty Pumpkin Muffins

Recipe from Yoga Mama Yoga Baby by Margo Shapiro Bachman

INGREDIENTS:



- 1 ½ C whole wheat flour
- ½ tsp sea salt
- 1 tsp baking soda
- ½ C coconut sugar
- ¼ C ground flax seed
- 1 C pumpkin puree
- ½ C ghee
- ¼ Milk (or water)
- 1 tsp ground ginger + cinnamon
- ½ tsp nutemeg + allspice
- 1 C walnuts chopped

INSTRUCTIONS:

- Preheat oven to 350 F
- Mix the flour, salt, sugar, baking soda and flax into a bowl
- In another bowl, combine pumpkin puree, melted ghee, eggs, milk (or water), and spices.
- Combine wet and dry ingredients being careful not to overmix
- Fold in the nuts
- Bake for 25-30 minutes until a toothpick in the middle comes out clean

PREP TIME: **10MIN** COOK TIME: **30 MIN** SERVINGS**: 8-10**