



# Nourish

## NEW MOTHER'S PORRIDGE

### *Oats & Chia Congee.*

Oat porridge to supply mama with milk-making energy to boost lactation and provide an excellent source of nutrition. So delicious, the whole family can dig-in. Served with maple syrup, ghee, fresh berries and chopped nuts.

6 Servings

## DELUXE ELIXIR

### *Sleep Nectar.*

Having trouble relaxing into rest? This soothing warm drink combining chamomile, lavender and honey is the perfect aid to help calm the nerves and let the body know it's time to slow down.

2 Servings

## HERBAL INFUSION

### *Raspberry Leaf.*

Improves uterine strength before and after birth while enhancing milk flow and quality. Enjoy this tasty herbal drink with a cinnamon stick twist.

1 Quart

## SWEETS & TREATS

### *Chocolate Mousse.*

A decadent, creamy treat to indulge by the spoonful. This guilt-free dessert's main ingredient is avocado and can be paired with any topping you please, such as shredded coconut and cacao nibs or fresh berries and whipped coconut cream.

4 Servings

## LIQUID GOLD

### *Chicken broth.*

Nurturing and nourishing, this broth fills the belly and lifts the soul. When combined with ginger, this warming-duo boosts circulation, increases digestion and supports the immune system. Use it in soups or drink by the cup.

1 Quart

