

POSTPARTUM NOURISHMENT



CINNA-BUN BITES

2 cups walnuts or pecans (or a mix)
1 cup raisins
8 dates
¼ cup coconut oil
1 tablespoon cinnamon
1 teaspoon cardamom
½ teaspoon each: sea salt, shatavari, ashwaganda, chaga powder

Pulse all ingredients in food processor until crumbly and roll into bite sized balls.
Recipe is easily doubled or tripled.

CONGEE

8 cups of water or stock/bone broth
3 chicken thighs bone-in or 1 lb beef roast with bone (boneless ok, but bones add more gelatin and minerals)
For a vegetarian option, ½ cup of French green lentils or ½ pound cubed tofu
1 cup pre-washed + pre-soaked brown rice or barley
2 pieces of kombu, cut into pieces with scissors
Handful of other sea veggies cut up, such as sea palm, dulse, bladderwack
1-2 teaspoons fresh minced ginger
½ tsp turmeric powder or 1 tsp of fresh turmeric
¼ tsp cumin
1 tsp Atlantic sea salt
1 cup or more of your favorite veggies or mushrooms (my favorite combo is carrots, shiitake mushrooms, kale, and a little bit of garlic)
Put all ingredients in an instant pot for 22 minutes or cook in a crock pot for 8 hours.

NOURISH MAMA TEA

1 part nettles
½ part milky oat tops
½ part red raspberry leaf
¼ part chamomile
¼ part rose petals
¼ part spearmint (optional)
Make a large jar of the loose leaf blend and drink it through the day.

OVERNIGHT OATS

½ cup rolled oats
¾ cup unsweetened hemp, almond or coconut milk
1 tablespoon chia sees
1 tablespoon almond butter
1 tablespoon hemp seeds or powder
1 teaspoon each: ashwaganda, cinnamon, and cardamom
⅛ teaspoon salt
½ apple, diced
2 tablespoons currants or raisins
1 tablespoon maple syrup or raw honey or raw stevia (optional)
¼-½ teaspoon bee pollen
¼ cup walnuts or other nut/seed of choice

Layer all ingredients in large mason jar except fruit. Mix very well. Add fruit and mix again with milk. Top with nuts and seeds and seal with lid. Place in refrigerator overnight and grab and go in the morning! Make a bunch in pint jars to keep on hand and add milk the night before.