A close-up photograph of a wooden spoon pouring a light-colored liquid into a dark, textured bowl. The bowl contains a dish topped with fresh green mint leaves, white cream, and small yellow and pink garnishes. The bowl sits on a wooden cutting board with a large green leaf underneath. The background is softly blurred, showing a person's hands and a green coconut. The overall lighting is warm and natural.

NOURISHING RECIPES FOR POSTPARTUM HEALING

FOX & CUB FAMILY WELLNESS

OLIVIA FOX - POSTPARTUM DOULA



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INTRODUCTION

Hello, I'm Olivia, Your Postpartum Doula.

Hey there, lovely mamas!

This journey into motherhood is nothing short of magical, yet it can also feel overwhelming at times. I'm here to support you every step of the way, and that starts with nourishing your body and soul during this beautiful, transformative period.

This guide is all about embracing the age-old wisdom of traditional postpartum nutrition. We often overlook how vital what we eat can be in our healing process, but trust me, it makes all the difference.

From hearty soups that soothe to sweet treats that lift your spirits, each recipe is crafted with love and care, using ingredients that have been cherished by mothers around the world for generations.



So grab your besties, your partner, and your apron! Let's set you up for a thriving and nourished postpartum recovery.

With love, Olivia

The 5 Pillars Of Postpartum Nourishment



WARM FOOD AND BEVERAGES

A new mother's digestive system is in a recovery state after giving birth. One of the main pillars of postpartum recovery is **warmth**. This is because the warmth facilitates healing in the body. Cold food and drinks shock the internal organs, forcing the body to work much harder to assimilate the nutrients. Soups, stews and warming spices, yes! Cold, raw food. nope!

NUTRIENT DENSE MEALS

The body is in a bit of shock from the act of giving birth and/or going through major surgery. In order for the tissues to repair, the bones and ligaments to migrate back into place, the uterus to heal and the body to produce breastmilk, there needs to be deeply nourishing, nutrient dense food, and lots of it!

EASY TO DIGEST FOOD

During birth, the digestive system slows down and diverts all its energy to birthing the baby, leaving it in a depleted state. Providing the body with nutrition that is easy to digest, along with spices and herbs that will encourage the digestive system to heal is very helpful to get things back in working order.

BLOOD BUILDING FOODS

Blood building is such an important part of postpartum recovery, and it's often overlooked in modern care. After childbirth, your body loses a significant amount of blood, which can leave you feeling fatigued, lightheaded, and low on energy. Blood building is about replenishing those blood stores, nourishing your body with key nutrients, and supporting the production of healthy, strong blood to restore your vitality.

FRESHLY MADE WITH LOVE

When food and beverages are made specifically for the mother, she can feel the love and this love has a positive reaction in the body. It releases oxytocin (the love hormone) which soothes the nervous system and supports the lactation process. Hospital food or a takeaway is not made with love nor is it prepared with the mother's specific needs in mind, therefore won't have the same response in the body. call me 'woo-woo' but this energy matters and mothers in their raw and open state can feel it.

Postpartum Recipes Around The World

Looking To Other Cultures

Before the Industrial revolution took hold, women gave birth at home with a doctor or midwife, surrounded by their maternal elders, who understood that the first meal after birth needed to be highly specialized.

After WWI, birth, like everything else, became industrialized, and consequently, our maternal elders lost the value and tradition of feeding a mother the way their maternal ancestors used to do.

Today, the world is different and we have access to the knowledge of how non western societies feed their mothers. With deep reverence for indigenous cultures around the world, we can look to them for inspiration and learn how to properly feed a mother after birth.

Most non-western cultures still uphold postpartum traditions for nourishment that have been passed down from mother to mother for thousands of generations.

It's time we started (or remembered) these rituals and traditions in the west.



Postpartum Recipes Around The World



In **China**, mothers will be fed congee (rice porridge), bone broths, and special herbal teas after birth.

In **India** and **Pakistan**, the post-birth meal might be kitchari (rice and lentil porridge) with ghee and digestive spices. Warm milk and lactation snacks are always given to new mums as well.



In **Malaysia**, fish soup with rice is given after birth.

In **Mexico**, a mother is fed chicken soup and atole (a warm masa beverage) by her maternal elders.

In **Korea**, grandmothers make and serve seaweed soup to their daughters and granddaughters after giving birth.



In **Jamaica**, new mothers are given fish 'tea'. A light but nutrient-rich fish broth made with fresh fish, root vegetables, and spices.

In **Egypt**, mothers are given Moghaat to drink, high in nutrients that help to replenish the mother

All of these cultures have a few things in common when it comes to their postpartum nourishing traditions.

They follow the five pillars of ***proper traditional postpartum nourishment***.

The First Meal

The first meal after birth is the most important meal in a woman's life. Sorry friends, but the white toast given to you at the hospital after your marathon birth IS NOT going to cut it. During this vulnerable time three critical junctures are merging in the mother's body,

Critical Juncture #1 - The End of Pregnancy

Research has shown that the energy expenditure of 9 months of pregnancy is equivalent to running 40 marathons. After running all those marathons, the mother tops them off with yet another marathon: labor and birth. Her body must also do the hard work of repairing birth injuries, replenishing lost blood and/or healing from major surgery.

Critical Juncture #2 - Maternal Brain Changes

The mother's brain is undergoing massive changes, which neuroscientists call "neuroplasticity." Proper nutrition supports maternal brain development and help prevent postpartum depression and anxiety.

Critical Juncture #3 - Shifting from Gestation to Lactation

As soon as the placenta is delivered, there is a massive hormonal shift, almost like a "tidal wave." The placenta was driving hormone production, and now the mother's body takes over this responsibility. Her body needs support to regulate these hormones effectively. Sleep and nourishment are the most beneficial aids during this transition. However, sleep is unlikely to be adequate at the hospital, and nourishment might not be either— unless you opt for this meal plan! Not only that but producing colostrum for the baby is metabolically similar to running seven miles per day. Proper nourishment supports milk production. When a mother is at this pivotal moment in her life and someone feeds her a meal that is highly nutritious, easy to digest and made specifically for her body's healing process, there's a feeling that washes over her....a feeling of... **Everything is going to be okay!**



THE FIRST MEAL

Recover & Revitalize

Every Bite Counts!

Immediately after childbirth, the body is in such a depleted state that literally everything you put into a mother's body has the potential to support healing, milk production, and hormone balancing....or hinder it. Every bite counts!

Congee & Bone Broth - The Pivotal First Meal For Postpartum

Congee is a type of rice porridge that is a common household dish in many Asian countries, particularly China, Japan, Korea, and Southeast Asia. It is a simple and comforting dish made by boiling rice in a large amount of water or broth until it breaks down and becomes a thick and creamy consistency.

Congee Benefits

Congee is often considered a beneficial and nourishing food for postpartum mothers in many Asian cultures. After childbirth, mothers experience physical, mental, and hormonal changes, and their bodies (and brains) need carbohydrates that are easy to digest in order to regain their strength.

Here's Why I Always Make Congee The First Postpartum Meal For Mothers



- **Easily Digestible:** Congee is a soft, easily digestible food, making it gentle on the digestive system.
- **Hydration:** Congee is cooked with a LOT of water (my recipe is 1:16...1 cup rice to 8 cups water/8cups bone broth), which helps with hydration. Staying hydrated is crucial for postpartum recovery, especially if the mother is breastfeeding.
- **Maternal Brain Function:** Immediately after birth a mother's carbohydrate needs are much higher than normal. That's because the brain relies heavily on glucose for its energy needs. Consuming carbs in congee ensures an adequate supply of glucose to the brain, supporting maternal brain changes, cognitive function, focus, & mental alertness.
- **Wound Healing:** Carbs also help support tissue repair because when the mother's body has sufficient carbohydrates available, it's less likely to break down muscle tissue for energy. The carbs in congee are broken down into glucose during digestion, and glucose is essential for various cellular functions, including those involved in wound healing.
- **Boosting Energy Levels:** The carbohydrates in congee provide a good source of energy for the mother after birth. Giving birth is metabolically equivalent to running a marathon. Consuming an adequate amount of carbohydrates provides the energy needed for the body to refuel after the birth-marathon, produce breastmilk and sustain the healing process.
- **Warm and Comforting:** After the baby, placenta and amniotic fluid vacate the mother's body, there's often a cold and empty feeling inside the torso. Warm congee brings comfort, support blood circulation and promote healing.
- **Galactagogue Effects:** My recipe contains ghee, ginger, and sometimes even garlic which support milk production.
- **Reduces Inflammation:** The birth process can cause swelling for some mothers. The congee recipe in my ebook contains turmeric which helps to reduce swelling and inflammation.

THE FIRST MEAL

SAVOURY CONGEE

RECIPE:

Ingredients

5 cups water
 3 cups bone broth
 1 cup white basmati rice
 1/4 cup ghee
 1-2 teaspoon fresh grated ginger
 1 clove garlic, minced
 / teaspoon black pepper
 / -1 teaspoon turmeric
 1 teaspoon crushed coriander seed
 1 teaspoon crushed cumin seeds
 1- 2 tablespoon sea salt
 Fresh coriander garnish

- Soak rice 8-10 hours (this process can be skipped if short on time). Discard soaking water before.
- Rinse the rice - pour water over rice and stir, rinse and repeat 3-4 more times.
- Bring 5 cups of water and 3 cups of bone broth over the rice to a boil in a large, wide-bottomed pot.
- Reduce heat to simmer without a lid, stirring occasionally for about 45 mins to 1 hour until it reaches a thick consistency.
- Meanwhile, heat ghee on med to med-low.
- Add the turmeric, crushed coriander and cumin seeds & black pepper.
- Cook on med-low heat for about 2 minutes, just until the cumin seeds release their flavor, don't let them get too dark (happens quickly).
- Then take off of the heat and add in the minced garlic clove and freshly grated ginger.
- Add the ghee with spices to the rice, then the salt.
- Serve just like this, or top with fresh cilantro.

- **This recipe yields 4 servings.**
- **Leftovers will last up to 4 days stored in an airtight container in the refrigerator.**
- **Congee can be frozen in the freezer by letting it cool down completely and then dividing it into smaller portions to store in freezer-safe bags. Be cautious not to overfill the bags. Store them flat in the freezer for up to 3 months. To reheat, thaw it in the fridge overnight and reheat in the microwave or on the stovetop in a pot. As the congee cools, it will become thicker.**
- **Add additional stock or water if necessary to make the congee to your desired thickness.**



Nutrient Dense Nurturing

Postpartum recovery is everything. Your body just did the most incredible, powerful, and intense thing it's ever done. You've brought life into this world, and now it's time to restore yours.

You're not bouncing back; you're bouncing forward with strength, vitality, and love for this new version of you.

Your body is healing, and at the center of that healing is FOOD. But not just any food, real, nutrient-dense, soul-warming food that goes deeper than just filling you up.

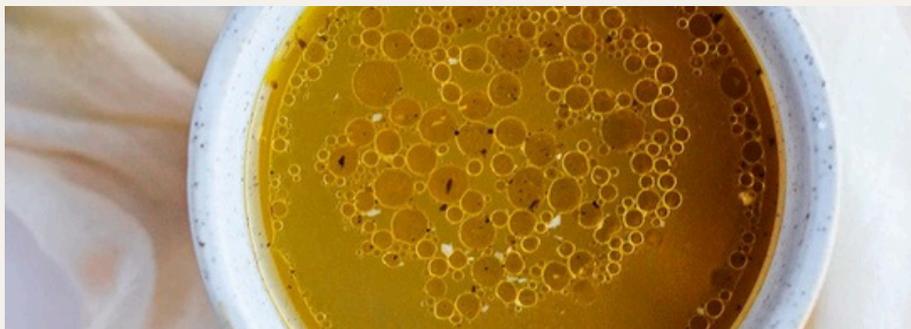
These aren't your average quick snacks or 'whatever's in the cupboard' meals.

Nope. We're talking broths that hug you from the inside out, meals that rebuild your strength, and treats that actually support your hormones, your energy, and your healing journey.

In today's world, everything's about convenience. But postpartum is not the time to skimp on yourself. It's the time to receive.

This cookbook is here to guide you through that, with tried and tested recipes I use every day to help replenish the mothers I work with.

So, as you dive into these meals, know this: every single bite is designed to honor YOU. The amazing mama who just did the hard work of bringing a baby earthside.



Ingredients 1/4 cup chopped pistachios

1 cup organic rolled oats
1/2 teaspoon salt

2 cups whole milk or coconut milk
1/2 teaspoon ground cinnamon

1 teaspoon vanilla extract

2 tablespoons maple syrup plus extra for drizzling

2 tablespoons dark chocolate chips/chunks

2 tablespoons flaked unsweetened coconut

1 tablespoon hemp hearts for topping
Optional

2 tablespoons greek yogurt

NUTRIENT DENSE NURTURING

BREAKFASTS

PISTACHIO & COCONUT OVERNIGHT OATS

Oats have long been hailed as a postpartum super food for their amazing breastfeeding promotion saponins & phytoestrogens. They're also amazing for digestion and can feel like a big bowl of comfort in the morning for a tired new mom.

RECIPE:

- Add all ingredients to a glass jar or container and stir well.
- Cover and place in the refrigerator for 4 - 12 hours. *note: you can make a bigger batch and leave it in the fridge for up to 7 days*
- Heat combined oats in a pan over medium heat and add an extra splash of desired milk for approx 3 minutes
- Remove from pan and serve warm in a bowl.
- You can add additional toppings like hemp hearts, a drizzle of maple syrup, honey, or a few spoonfuls of Greek yogurt for extra protein.



- You can roast your pistachios for 10 minutes beforehand for extra crunch.
- If making a larger batch you can either make in the jars/containers that you will refrigerate in or a large bowl and then store in jars/containers.
- Batches will keep in fridge for up to 1 week which makes them ideal to make ahead of time for convenience in those early postpartum days.



NUTRIENT DENSE NURTURING

BREAKFASTS

BANANA PEANUT BUTTER MUFFINS

One bowl & a whisk, plenty of protein and a salty, sweet breakfast treat to boost your energy.

RECIPE:

Measure ingredients are at room temperature for best results.

- Preheat the oven to 350f/180c degrees. In a small mixing bowl peel and mash your bananas. Set to the side.
- In a large mixing bowl, stir together the oatmeal, brown sugar, baking powder, baking soda, chia seeds and flaxseed meal.
- Blend in the 2 eggs and the milk, being sure to scrape the sides and the bottom of the bowl. Blend in the peanut butter.
- Gently fold in the bananas and the chocolate chips, being sure to stir until well combined.
- Fill the cupcake tins (I recommend using liners) about 2/3 full. If you want, you may fill them a little more and change the yield to a dozen muffins.
- Bake at 180 degrees for 20-25 minutes, until toothpick inserted in the muffins comes out clean.
- Leave on a rack for 10 mins or until cool before eating.

Ingredients

3 medium ripe bananas
2 cups uncooked traditional oatmeal
2 eggs
1 cup whole milk (or milk of choice)
½ cup brown sugar
1 teaspoon baking powder
1 cup milk
½ cup creamy peanut butter
3 tablespoons chocolate chips
1 tablespoon chia seeds (optional)
1 tablespoon flaxseed meal (optional)

- **The optional chia and flax are all about milk supply. These can support your milk supply, so you'll find them (and oats) in a lot of postpartum recipes.**
- **The recipe yields about 15 muffins, which means you can freeze the extras. When you want one, you can just grab one and pop it in the microwave. Of course, you don't have to reheat them...but then the chocolate chips aren't all melty and warm. And that's a waste :)**



Ingredients

1/2 cup mixed fresh herbs of choice (postpartum safe)
 8 eggs
 2 tablespoons heavy cream
 2 teaspoons chopped chives
 1 tablespoon oil, plus more for drizzling
 4 ounces goat cheese, crumbled
 Pinch of salt
 Fresh ground black pepper

NUTRIENT DENSE NURTURING

BREAKFASTS

CHEESE & HERB FRITATTA

Eggs are an ideal food for new mothers. As well as being high in protein, they contain a wide range of nutrients, many of which are particularly important for you and your baby, including folate, vitamin D, iodine, selenium, choline and long-chain omega-3 fatty acids. Versatile & easy to make too! Layer some healing herbs and you have a postpartum powerhouse breakfast.

RECIPE:

- Preheat the broiler/grill. Rough chop the herbs, reserving a few whole leaves for garnish. In a medium bowl, whisk the eggs, cream, chives, herbs, salt and pepper.
- Heat the olive oil in a medium skillet or frying pan over medium heat. When the oil is shimmering, pour the egg mixture into the pan and cook for 2-3 minutes, lifting the edges with a spatula as they begin to set to let the uncooked egg seep underneath.
- Scatter the goat cheese on top of the eggs. Broil/grill for 2 minutes or so until the frittata is set in the middle and puffed and brown around the edges.
- Let cool for a few minutes, then cut into wedges and garnish with the reserved herb leaves. Drizzle with additional olive oil, if desired.



- **This recipe yields 4 servings.**
- **I like using tangy goat cheese in this recipe, but if you're not a fan, you can substitute in feta cheese or even cream cheese.**
- **Herbs - I particularly like dill or chives for this recipe.**



NUTRIENT DENSE NURTURING

BREAKFASTS

RED JUJUBE RICE PUDDING

Red dates have been used for centuries in Asian postpartum traditions for their healing properties. You can add them to soups, make tea, or for a sweet treat, cook up some jam and add to your rice pudding for a hearty and replenishing postpartum breakfast.

RECIPE:

RedJujube Date Jam:

- Cover red dates with water and soak overnight. Cover with wet cloth to keep red dates submerged in the water.
-
- Place red dates in a medium sized pan Add coconut sugar and 1 cup water. Cook at high heat for 10 minutes.
- Simmer on low for an additional 10 minutes. Let red dates cool.
- Place in a food processor/blender with 2-3 tablespoons of the water they're boiled in
- Process until smooth. Strain pulp. This should yield about 300 grams of red date puree/jam.

Rice Pudding:

- Bring to boil 2 cups milk (I use whole), 1 cup water, and 2 cups rinsed white jasmine rice.
- Reduce to simmer for 20 minutes. Stirring occasionally. If you find that it starts to get too thick, you can add more water.
- Add in 1 tablespoon honey, 1/3 cup coconut sugar, and a 2 teaspoons of cinnamon. Let cool for 5 minutes.
- Serve warm or cold with a spoonful of red date jam.

Ingredients

Jam:

- 3/4 cup pitted dried red dates
- 1/2 cup coconut sugar
- 1 cup water

Rice pudding:

- 2 cups milk of choice
- 1 cup water
- 2 cups white jasmine rice
- 1/3 cup coconut sugar
- 1 tablespoon raw honey
- 2 teaspoons cinnamon

- **This makes about 6 servings and can be eaten warm or cold. You can definitely add nuts or raisins as a variation.**
- **Homemade rice pudding will last in the fridge for 3 to 5 days if stored correctly. Allow the mixture to cool before pouring the pudding into an airtight container or a bowl covered with cling film. Do not leave it at room temperature for too long, or bacteria can form and will spoil the pudding.**



NUTRIENT DENSE NURTURING

BREAKFASTS

STEWED FRUITS

Stewed Fruits are the breakfast star of the show! Why? Because they taste amazing and are a natural way to keep a mama's bowels soft and regular. Stewed Fruits are also an excellent source of vitamins, minerals, antioxidants and iron. You can eat alone or throw on some over those overnight oats, congee or rice pudding!

RECIPE:

- Put the filtered water and fruits in a small saucepan.
- Crush the cardamom pods in a mortar and pestle until they are cracked open and the black seeds are released and slightly crushed.
- Put all the spices into a nutbag, cheesecloth, tea bag or a large stainless steel tea ball.
- Add the bag of spices to the water.
- Bring the dried fruits, water and spices to a boil, then turn the heat to low, cover and simmer on very low heat for about 30-40 mins. Turn off heat and let the fruit sit in the pot for as long as possible to absorb the spiced water. The longer you let them steep, the stronger and sweeter the syrup will be. 1 hour minimum.
- Add more water if it dries up. Let cook in water until a syrup forms again.
- Take the spice bag out of the pot.
- Serve warm.

Ingredients

- 2 1/2 – 3 cups filtered water
- 6-8 dried prunes (pitted)
- 6-8 dried apricots
- Handful of raisins
- 3-4 cloves
- 10-15 cardamom pods (crushed)
- 1 cinnamon stick
- 2-3" piece of ginger, grated

Fruit Variations

- Stewed Apples and Raisins
- Stewed Apples and Apricots
- Stewed Prunes and Apricots
- Stewed Apples and Pears

- **This makes 4 servings and can be eaten alone or over oats, congee, rice pudding.**
- **Stewed fruits will last 5-7 days in the fridge when stored in an air tight container. They can be stored in the freezer for up to two months.**
- **I would not recommend eating stewed fruits daily if you or your baby have loose stools and you're breastfeeding.**



Ingredients

- 1 Whole Chicken Carcass (leftover roast chicken is perfect)
- 1 Onion
- 1 Whole Garlic
- 2 Celery Stalks (cut in half)
- 1 tablespoon Salt
- 1 teaspoon Black Pepper
- 1 tablespoon Apple cider vinegar
- 2 Carrots (cut in half)
- Handful of Fresh Herbs
(Breastfeeding safe)

NUTRIENT DENSE NURTURING

BREAKFASTS

BONE BROTH

I know what you're thinking, but hear me out for a second. Bone both

is one of the most nutrient dense, healing substances you can have in your initial postpartum. Homemade BoneBroth is my #1 go-to Postpartum SUPERFOOD! I always tell people, if you can only do ONE thing to prepare for a thriving postpartum experience...let it be this: MAKE + FREEZE BONE BROTH! The collagen in bone broth supports tissue repair and wound healing, The iron and minerals replenish blood loss. The amino acids help support hormonal balance You get the picture. I personally loved waking up in the morning and hydrating with a warm cup of broth. Brothy breakfast, give it a go!

RECIPE:

- Add all ingredients to the pot and cover with water.
- Bring the pot to a boil and after boiling lower to a light simmer for 36-48 hours. The longer the better and more gelatinous
- If water starts to evaporate, add water back in during the first 24 hours.
- After it has lightly simmered for up to 48 hours, strain out all ingredients over a mixing bowl.
- Divide broth among glass mason jars and store in the fridge for up to 8-10 days
- It's also easy to freeze in cubes or in mason jars (just make sure you only fill the jars to 3/4 full). Look for the beautiful gelatinous broth and heat over stove daily and enjoy!



- To add more nutrients to your postpartum recipes, you can substitute water for this bone broth.
- You can use different animal bones depending on what is available to you. All work well. You can roast bones in the oven beforehand for extra flavor.
- You can simmer some spices in ghee before adding your water if you'd like to add an extra kick. I like cardamon, cinnamon and turmeric.



Nutrient Dense Nurturing - Mains

Welcome to the heart of postpartum nourishment: main meals. As a postpartum doula, I've seen firsthand how vital it is for new mothers to feel truly sustained—physically and emotionally—during this time of healing. While snacks and light bites have their place, nothing compares to the grounding, replenishing power of a nutrient-dense, hearty meal.

In the postpartum period, your body craves deep nourishment to restore energy, support recovery, and fuel your caregiving. These main meals are designed to provide that essential fullness—packed with healing ingredients, rich in protein, healthy fats, and vital nutrients. Beyond just satisfying hunger, these dishes are crafted to help you feel whole, nourished, and supported from within.

By prioritizing full, balanced meals, you're refueling efficiently and giving your body the tools it needs to rebuild, repair, and nurture both yourself and your baby.

These recipes are meant to be comforting, easy to prepare, and gentle on your digestive system, so you can focus on what matters most—your healing and bonding with your little one.

Top Tip:

Most of these recipes are freezer friendly, which means they're perfect for making ahead of time before the baby arrives. Even better, you can ask your family and friends to pick a meal and add it to a meal train for your fourth trimester, or host a nest & nourish party with your closest pals!



NUTRIENT DENSE NURTURING

MAINS

AYURVEDIC KITCHARI

Known as a staple in the Indian 40 day postpartum confinement kitchen, this hearty Ayurvedic kitchari is cleansing, healing and so delicious you'll want seconds (and thirds and fourths if you're breastfeeding and ravenous). I've made this recipe into a one pot wonder to keep it nice and simple.

RECIPE:

- Rinse mung beans and rice in a sieve under the tap for a minute or so.
- In a large pot, melt the ghee over medium high heat. Add in the ginger and sauté for 30 seconds.
- Add in the fennel, cumin, and mustard seeds. Sauté for another 30-40 seconds until fragrant.
- Add in the coriander and turmeric. Cook, stirring, for another 30 seconds until fragrant.
- Stir in the moong dal, rice, veggies, water, bone broth and salt.
- Bring the mixture to a simmer, cover, and reduce the heat to low.
- Cook, stirring occasionally, for 30 minutes until the rice and beans are very tender and begin to break down, creating a creamy consistency.
- Serve with optional toppings and enjoy!

Ingredients

- 3 tablespoons ghee
- 1 ½ tablespoons minced fresh ginger
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon brown mustard seeds
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 cup moong dal - aka split mung beans
- ½ cup basmati rice
- 1-2 cups finely chopped vegetables (I used equal amounts of gold potatoes, cauliflower, and carrots)
- 3 cups water - less for a thicker stew
- 2 cups bone broth
- 1 - 1 ½ teaspoons salt to taste

- **This recipe serves 4. Store any leftovers in an airtight container in the fridge for up to 4 days.**
- **Kitchari freezes very well. Allow it to cool and then store in freezer-safe containers/bags (portioned) for up to 4 months. Allow it to thaw in the fridge overnight (or at room temperature for 3-4 hours) before reheating.**
- **The best way to reheat the dish is on the stovetop- adding a splash of extra water/broth if needed. However, you could also use a microwave for 2-3 minutes.**



Ingredients

3 tablespoons sesame oil
 4 eggs, lightly beaten
 4 thick-cut slices of bacon, sliced
 4 garlic cloves, minced
 1 1/2 tablespoons minced fresh ginger
 1 medium onion, finely chopped
 1 teaspoon sugar
 6 cups cooked white rice
 2 1/2 tablespoons oyster sauce
 2 1/2 tablespoons soy sauce
 5 scallions, thinly sliced
 Salt & Pepper to taste

NUTRIENT DENSE NURTURING

MAINS

GINGER FRIED RICE W/BACON

This recipe is adapted from one of my favorite postpartum recipe books 'The First Forty Days'; Which you should invest in if you haven't already. In it, author and chef Heng Ou delves into her own postpartum confinement from her Chinese culture. As you've seen in many of the other recipes here, ginger is a staple for generating warmth in a new mum's body. I've added bacon as a salty protein boost but feel free to leave this out for a veggie-friendly version!



RECIPE:

- In a large wok, heat 2 tablespoons of the sesame oil until very hot.
 - Season the eggs with salt and pepper and pour into the wok.
 - Scramble the eggs over high heat until just cooked through, about 1 minute. Transfer to a paper towel-lined plate.
 - Add the bacon to the wok and cook, stirring occasionally, until crisp, about 4 minutes.
 - Transfer the bacon to the plate with the eggs. Drain off the bacon grease and wipe out the wok.
 - Heat the remaining 1 tablespoon of sesame oil in the wok. Add the garlic and ginger and cook over high heat for 1 minute.
 - Add 6 cups cooked white rice plus the soy sauce, oyster sauce and salt. Toss to combine. Cook, tossing constantly, until rice is softened and heated through.
 - Return eggs and bacon to skillet, breaking up into smaller pieces.
 - Add scallions and toss.
 - Add more salt and pepper to taste and serve.
- **This recipe yields 4 servings.**
 - **It can be stored in the fridge, in an air tight container for 3-5 days.**
 - **Store in plastic bags and lay flat in the freezer for up to 6 months.**

NUTRIENT DENSE NURTURING

MAINS

CHICKEN, SQUASH & WILD RICE SOUP

Soups. Postpartum is soup season. The slow-released nutrients make it very easy to digest, which is ideal during postpartum when our digestive system is moving slowly. This recipe will keep you warm and cosy, is simple to make and easy to slurp down.

RECIPE:

- Rinse rice thoroughly under tap until the water runs clear.
- In a large soup pot or dutch oven, add avocado oil, garlic and shallots. Saute on medium heat for 7-10 minutes, until softened..
- Add the herbs, wild rice, butternut squash, and chicken broth to the pot. Bring to a boil, then set to medium low heat.
- Cover the pot and allow to simmer for 40 minutes.
- Add the shredded chicken and kale, and continue to simmer for about 10 minutes.
- Add the whipping cream, and stir in while bringing the soup back up to temperature.
- Remove soup from heat.
- Season with salt and pepper to taste and serve.

Ingredients

- 1 tablespoon avocado oil
- 1 shallot peeled and finely chopped
- 4 cloves garlic minced
- 8 cups chicken stock
- 1 1/2 pounds butternut squash peeled and cut into 1-inch cubes
- 1 cup wild rice uncooked
- 1/4 cup fresh herbs (sage, thyme, rosemary), finely chopped
- 1 1/2 pounds chicken shredded, from a pre-cooked whole chicken
- 3 cups kale shredded
- 1/4 cup heavy whipping cream (optional)
- Salt and pepper to taste

- **This recipe yields 8 servings.**
- **Can be stored in the fridge for up to 3 days in an air tight container.**
- **If you want to freeze, substitute the whipping cream for a vegan alternative or leave out as it will become grainy when reheating.**



Ingredients

- 1 lb ground beef
- 2 cloves garlic
- 3 tablespoons oil of choice
- 1 large onion
- chopped 1 stalk celery
- chopped 4 medium carrots,
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 cans chopped tomatoes
- 2 cups bone broth
- 4 tablespoons tomato paste
- 1 can black beans
- 2 medium sweet potatoes, chopped

NUTRIENT DENSE NURTURING

MAINS

SIMPLE CHILLI

As you move through postpartum healing via your belly, you want to focus on packing in proteins and anti-inflammatory foods and I think this soup does all of this so, so well! Nutrient dense ground beef, a ton of veggies and some beans to keep the digestion going. Top with a piece of buttery sourdough and you've got yourself a perfect nourishing dish that you can make it bulk and come back to time and time again.

RECIPE:

- In a large pot, heat the oil.
- Add in garlic, onion, celery, carrot and seasoning. Saute for about 5-7 minutes, stirring frequently.
- Add in broth, tomatoes, tomato sauce, and sweet potatoes.
- Bring to a boil, and then reduce to simmer with lid on for about 35-40 minutes.
- While simmering, brown the ground beef, drain fat.
- When chili is done cooking, add in ground beef and mix together.
- Serve warm in a bowl with cilantro and a dollop of sour cream (optional)
- I love serving mamas this chilli with a chunky piece of fresh buttery sourdough.



- This recipe yields 4-6 servings.
- It can be stored in the fridge for up to 4 days in an airtight container.
- Can store in container and freeze for up to 2 months.
- Defrost overnight in fridge and reheat low and slow in a pan. Use additional bone broth/water for desired consistency.



NUTRIENT DENSE NURTURING

MAINS

ZUPPA TOSCANA

Some variation of this soup showed up three times for me postpartum, but there is a good reason for that! The combination of sausage, potatoes, and veggies is enough to satisfy anyone who says soup isn't a meal.

RECIPE:

- Bring a stock pot or dutch oven over medium heat and add the sausage.
- Once the meat starts to break apart, add the onion and garlic and stir together.
- Continue to cook while breaking up meat and stirring regularly until sausage is cooked through and onions are softened.
- Pour the chicken broth into the stock pot and increase heat until broth comes to a boil.
- Add in the cubed potatoes and wait for the soup to return to a boil. Reduce the heat back to medium and allow to boil approximately 10 minutes until the potatoes are cooked.
- Stir in the baby spinach for 1-2 minutes until wilted. Stir in the cream and allow to heat through another 1-2 minutes. Add salt and pepper to taste.
- Serve with optional toppings like bacon or cheese and enjoy!

Ingredients

- 1 lb pork sausages
- 1 medium onion, diced
- 2 cloves garlic, minced
- 32 oz low sodium chicken broth
- 1 1/5 lbs baby yellow potatoes, cubed
- 2 handfuls baby spinach
- 1 1/5 cups single cream
- Salt and pepper to taste



Ingredients

- 1/4 cup cashews, soaked overnight, drained, and rinsed
- 2 tablespoons ghee
- 1 teaspoon ground turmeric
- 1/2 teaspoon cumin seeds
- 8 curry leaves
- 2 teaspoon minced fresh ginger
- 1 teaspoon ground coriander
- 1/2 teaspoon dried thyme
- 1 1/2 teaspoon salt
- 2 carrots cut into 1/2-inch cubes
- 1 cup green beans chopped
- 1 cup cauliflower broken up into 1-inch florets
- 2 handfuls spinach
- 2 tablespoon chopped fresh cilantro

NUTRIENT DENSE NURTURING
MAINSVEGGIE CASHEW
CURRY

This colorful curry recipe is very adaptable. You can vary the combination of vegetables according to taste and availability—try squash, asparagus, brussels sprouts, peas, sweet potatoes, broccoli, or whatever vegetables you have left in the fridge. This recipe will help with any postpartum constipation and bloating you might experience post birth.



RECIPE:

- Rinse the soaked cashews and blend them with 1 cup water to a smooth cashew milk.
 - Heat the ghee in a pan over medium-low heat.
 - Add the turmeric and toast for 15 seconds, then include the cumin seeds and continue to toast for a few more seconds, until the seeds darken a shade and release their aroma.
 - Mix in the curry leaves, ginger and toast for a few more seconds, then the coriander, thyme and salt.
 - Immediately pour in the cashew milk and bring to a boil.
 - Introduce the carrots, green beans, and cauliflower, mix well, and continue to cook, covered, stirring occasionally, until the vegetables are tender, about 20 minutes. If the curry begins to dry and stick to the bottom of the pan, use 1/4 cup more water.
 - Add the spinach and cook for 5 more minutes. If you like your curry more liquid, add a little water.
 - Fold in the chopped fresh herbs and serve hot alone or with long grain rice.
- Curry leaves will keep for up to two weeks if refrigerated in an airtight container. Dried versions are significantly less fragrant, so double the quantity in a recipe.
 - This recipe yields 2 servings and will keep in the fridge for up to 4 days in an airtight container.
 - You can freeze this in a container for up to two months.

NUTRIENT DENSE NURTURING
MAINS

SLOW COOKED BEEF STROGANOFF



- This recipe yields 8 servings (Big postpartum batch!)
- I use a Dutch oven but any casserole dish is fine.
- Serve with pappardelle, mashed potatoes or steamed rice.
- Keep in airtight container in the fridge for 3 days.
- You can freeze in an airtight container BUT leave out the sour cream & incorporate once defrosted.
- Reheat in pan & make sure cooked through.

Ingredients

- 2 tablespoon olive oil
- 1 brown onion (sliced)
- 1 kg diced beef/steak (cut up into a 3-4cm chunks)
- 1 tablespoon plain flour
- 750 ml beef stock
- 300 g button mushrooms (sliced)
- 2 teaspoon paprika
- 2 teaspoon dijon mustard
- 2 tablespoon tomato paste
- 2 garlic cloves (peeled)
- ½ c sour cream
- salt & pepper (for seasoning)

RECIPE:

- Preheat the oven to 150°C.
- Place the diced beef in a bowl and coat in the flour mixture.
- Add a little oil to the pan and a few beef pieces. Brown beef on all sides.
- Cook the beef in batches to avoid overcrowding in the pot and the meat stewing. After each batch is cooked, remove the meat from the pan, place on a plate, and set aside. (Don't worry if anything sticks or if there are any little burnt bits in the pan, we're keeping these for flavor!)
- Add a little more olive oil (if needed) and the onions to the pan. Saute on low to medium heat until onions are translucent.
- Add the browned beef and all the remaining ingredients (except sour cream) into the pot. Stir the beef broth to combine all the ingredients and bring to a simmer on top of the stove.
- Pop the casserole into the oven and cook for 2.5 hours.
- Remove from oven. Add in the sour cream.
- Pop back into the oven and cook for a further 30 minutes or until the beef is tender and falling apart.
- Remove from the oven. Season with salt & pepper, and serve.

NUTRIENT DENSE NURTURING

MAINS

RED LENTIL DAHL

Nurturing and warming, dahl is a simple and nutritious meal for pregnancy or postpartum mothers. Nutritionally, fennel seeds and ginger are thought to promote breastmilk production and the red lentils are high in fiber and a great source of iron.

RECIPE:

- Bring a lidded pot or dutch oven over medium heat.
- Heat the oil through for a few seconds and then heat oil over medium heat. Add onion and sauté until translucent.
- Add in the chopped tomatoes, red lentils, stock stirring together. Add garlic, ginger, and finely chopped chilli. Sauté for a minute until fragrant.
- Stir in turmeric, cumin, fennel and salt and sauté for another 30 seconds.
- Add red lentils, coconut milk, tomatoes and broth, and bring to a boil.
- Reduce heat, cover and cook for around 20 minutes until the lentils are tender, stirring occasionally.
- Remove from heat & serve.
- Optional: Serve with coriander, a dollop of greek yoghurt or a squeeze of lemon.

Ingredients

- 2 tablespoons of olive oil
- 4 cloves of diced garlic
- 1 teaspoon of diced ginger
- 1 medium brown diced onion
- 2 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 3 cups split red lentils
- 1 can diced tomatoes
- 1 can coconut milk
- 1 cup of vegetable broth salt to taste optional: coriander, greek yogurt, lemon juice.

- **This recipe yields 6 servings. Store any leftovers in an airtight container in the fridge for up to 7 days.**
- **Dahl freezes well for up to two months. Store in an airtight container and lay flat. If freezing.**
- **The best way to reheat the dish is on the stovetop- adding a splash of extra water/broth if needed. However, you could also use a microwave for 2-3 minutes.**



NUTRIENT DENSE NURTURING

MAINS

BUTTER CHICKEN RICE BOWL

A wonderful all rounder! Chicken provides high quality protein for tissue repair and muscle recovery, while slow cooking it in a butter-based sauce makes it easy to digest and deeply nourishing. Ghee or butter not only enhances flavor but also supports hormone balance, lubricates joints, and soothes the nervous system. The blend of warming spices like turmeric, cumin, and ginger helps reduce inflammation, aid digestion, and improve circulation, which is particularly beneficial for postpartum healing. Sweet potato is an offers complex carbohydrates for steady energy, vitamin A for immune support, and fiber for gentle digestion. This meal is both grounding and nourishing, perfect for replenishing the body after birth.



- This recipe yields 8 servings.
- Keep in an airtight container in the fridge for 3 days. If freezing, you can freeze for up to 3 months.
- Reheat in pan & make sure cooked through.
- Serve with naan bread, if desired.
- For more fiber, use brown rice or wild rice.

Ingredients

- 1 Tablespoon olive oil
- 2 pounds chicken thighs boneless and skinless, (cut into 2-inch pieces)
- 2 Tablespoons butter
- 1 ½ Tablespoons garlic, minced
- 2 teaspoons ginger, minced
- 1/2 medium onion, diced
- 2 medium sweet potatoes, cubed
- 1 ½ cups crushed tomatoes
- 2 teaspoons garam masala
- 1 teaspoon cumin, ground
- 1 teaspoon red chili powder (add more if desired)
- 2 teaspoon smoked paprika
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 1/4 cup coconut milk (or heavy cream)
- 1.5 cups basmati rice, uncooked
- Corriander, for topping

RECIPE:

- In a medium to large pan, saute 1-2 tablespoons of olive oil or butter over medium-high heat. Add your chicken thighs and season with salt and pepper.
- Cook chicken thighs for 6-8 minutes, flipping halfway, until both sides are golden and it is cooked through.
- Remove chicken from pan and transfer to a plate or bowl to cool.
- Using the same medium to large pan, melt butter or ghee over medium high heat.
- Add garlic and ginger. Saute for 2 minutes.
- Add onion and sweet potatoes. Cover pan and cook for 5-10 minutes, stirring occasionally, until sweet potatoes start to soften. Make sure the sweet potatoes aren't cut too large or they will take longer to cook.
- Add tomatoes and spices, stirring everything together. Bring to a simmer and continue to stir occasionally for 5-6 minutes. Add the coconut milk and chicken and continue to stir for 5-6 more minutes.
- While sauce is simmering, cook your rice according to directions.
- Serve chicken over rice and/or with naan bread and top with cilantro.

Recovery Snacks



Snacking is inevitable and essential when you are home and recovering with a new baby.

So, let's make those snacks good for postpartum healing.

These recipes are great to make ahead, so they're on hand and perfect for grabbing when your other hand is occupied (get used to one-handed snacks, mama!)

There are **3** things you want to look for when it comes to postpartum snacks.

First, snacks that provide quick and easy nourishment.

Second, it should include foods that help you heal.

Third, they should be (relatively) healthy.

And the great news is, we can meet all those needs while making them DELICIOUS!

The following recipes include make-ahead postpartum snacks and things you can make on the fly!

Having a variety of healthy snacking options is so helpful when you have a newborn, are hungry, and have little energy for cooking.



Ingredients

1 cup butter, room temperature
 1 cup brown sugar
 1/2 cup granulated sugar
 2 large eggs, room temperature
 2 teaspoons vanilla extract
 1 1/2 cups all purpose flour
 3/4 teaspoon salt
 1/2 teaspoon baking powder
 3 tablespoons ground flaxseed
 1/3 cup brewer's yeast
 2 tablespoons almond butter
 3 cups old-fashioned rolled oats
 1 1/2 cups chocolate chips

NUTRIENT DENSE NURTURING

SNACKS

OAT & CHOC CHIP LACTATION COOKIES

Full of milk-boosting galactagogues, these lower-sugar easy homemade Lactation Cookies are delicious and beneficial!

RECIPE:

- Preheat oven to 350f. Line two baking sheets with silicone baking mats or parchment paper.
- Using a mixer, beat together the butter, brown sugar, and granulated sugar until light and fluffy, about 5 minutes.
- Beat in the eggs, one at a time, followed by the vanilla.
- Whisk together the flour, salt, baking powder, flaxseed, and brewer's yeast.
- Add this to the mixing bowl and beat until just combined.
- Add the almond butter (optional) and oatmeal, mixing again until just combined.
- Fold in the chocolate chips.
- Drop 1.5 tablespoons of dough onto the lined cookie sheets.
- Bake 10-12 minutes, or until the bottom is golden brown.
- Cookies will puff up a bit in the oven; if you prefer flatter cookies, press down on the top of each cookie with the underside of a spatula.
- Cool on the baking sheet for 10 minutes, then transfer to a wire rack to cool completely.



- **This recipe makes 30 cookies. Yes, 30. Because we love cookies!**
- **Store cookies in an air-tight container for up to a week.**
- **Cookies will keep frozen for up to 3 months.**

Ingredients

- 2 tablespoonghee
- 1 cup plain sesame seeds
- 1 cup blanched almond slivers
- 7 pitted dates
- 1 cup organic oats
- 2 tablespoon Shatavari powder
- 1/2 teaspoon ground. cardamom
- 1/4 teaspoon ground nutmeg

NUTRIENT DENSE NURTURING

SNACKS

SESAME & SHATAVARI ENERGY BALLS

RECIPE:



- Warm ghee in a skillet with sesame seeds/almonds and toast until golden brown
- Add cardamom & nutmeg, cooking until fragrant (around 1 minute)
- Cool to room temperature
- Add to food processor/blender along with pitted dates, oats and shatavari powder.
- Begin to mix, then slowly add a small amount of water at a time until the mix begins to hold together
- Form 1-inch balls, rolling gently into the palm of your hand.
- Roll energy balls in sesame seeds until covered
- Leave them to set & store in air tight container

- **This recipe serves 12 balls. Double up the ingredients if you want to make bigger batches.**
- **It can be stored in the fridge for up to 7 days in an airtight container.**
- **They can store in a container and freeze for up to 2 months.**



NUTRIENT DENSE NURTURING
SNACKS

ROSE BUTTER CHOCOLATE DATES

RECIPE:

- In a large bowl, add the butter, rose syrup and the rose petals. (Save a teaspoon for garnish).
- Using a wooden spoon or silicone spatula, stir to combine, until the petals are completely incorporated.
- Make a slit with a knife. Remove the pit/seed.
- Stuff with rose butter.
- Squeeze to close off the date.
- Place on parchment paper on a sheet pan. Repeat for all the dates. Freeze for 15 minutes.
- Make chocolate ganache. Melt chocolate chips/chunks in a bowl with coconut oil (use double boiler method) or in the microwave, stirring every 30 seconds.
- Allow to cool for 5 minutes before dipping each stuffed date in the melted chocolate. Drain then place back on parchment paper. Garnish with rose petals.
- Freeze again for another 15 minutes.

Ingredients

- 1 cup unsalted butter, at room temperature
- 1 cup unsprayed fresh/dried rose petals, finely chopped
- 12 Medjool dates
- Peanut butter
- Chocolate chips (or chunks) + coconut oil
- 1 tablespoon rose syrup
- Rose petals for garnish

- **Store any leftovers in an airtight container in the fridge for up to 2 weeks.**
- **These freeze well for up to two months. Store in an airtight container.**



Ingredients

1 3/4 cups of all-purpose flour
 1 teaspoon of baking soda
 1 teaspoon of baking powder
 1/2 teaspoon of salt
 1 1/2 cups of ripe mashed bananas (roughly 4 bananas)
 1/2 cup of packed brown sugar
 1/3 cup of melted coconut oil, cooled slightly
 1/2 cup of milk (your preference)
 1 large egg
 2 teaspoons of vanilla
 3/4 cups of chopped walnuts (optional) 1/2 cup of chopped chocolate or chocolate chips

NUTRIENT DENSE NURTURING
 SNACKS

BANANA & WALNUT BREAD

RECIPE:



- **This recipe makes one loaf, around 9 slices.**
- **It can be stored in the fridge for up to 7 days in an airtight container.**
- **They can store in a container and freeze for up to 2 months.**

- Preheat the oven to 350f
- In a large bowl, combine the flour, baking soda, baking powder, and salt.
- In a medium bowl combine the banana, brown sugar, coconut oil, milk, egg, and vanilla.
- Add the wet ingredients to the dry and combine until just moistened.
- Add 1/2 cup of chopped walnuts and reserve the other 1/4 for topping. Add the chocolate if you choose. Combine.
- Pour the batter into a greased 8.5 x 4.5-inch loaf pan. Top with walnuts and sprinkle with coarse sugar or demerara sugar if you have it. This is optional. I find it adds a nice crunch.
- Place the pan into the oven and bake for 60 - 70 minutes, until a toothpick inserted comes out clean. When you press on the top of the loaf you don't want to see any moist batter in the cracks.
- Remove the loaf from the oven and let cool. Slice and serve.

NUTRIENT DENSE NURTURING
SNACKS

QUICK CINNAMON GRANOLA BARS

Ingredients

1 cup almond butter
1/2cup maple syrup
1/8 teaspoon salt
2 cups quick oats
2 tablespoon cinnamon
2 tablespoon ground flax



RECIPE:

- In a medium pot place the almond butter and the maple syrup. Place over medium heat. Stir until melted and everything is mixed together about 2-4 minutes, remove from the heat.
- In the pot or another bowl add all the ingredients together. Stir well until everything is incorporated.
- In a greased 8x8 square pan spread the cinnamon oatmeal granola bars mixture. Spread with a spatula and press down until the mix is evenly in the pan.
- Cut into 12 bars skinny bars (2 rows by 6 rows). These oatmeal granola bars are fine at room temperature for about 3 days.

- This recipe yields 12 bars.
- You can store in the fridge for up to 2 weeks in an airtight container.
- These bars can keep in the freezer for up 3 months in an airtight container or sealed in a ziplock bag.



NUTRIENT DENSE NURTURING
SNACKS

VEGGIE EGG MUFFIN CUPS



- **This yields 12 egg muffins.**
- **You can store cooled cups in an airtight container in the fridge for 3 days.**
- **You can freeze in an airtight container for 1 month.**
- **Top Tip - Add a baking tray of boiling water under the egg muffins while baking to avoid soggy bottoms :)**

Ingredients

6 large eggs
1 cup egg whites, or another 6 eggs
1/2 teaspoon sea salt
1/2 teaspoon ground pepper
1 teaspoon olive oil
1/2 orange bell pepper
1/2 cup yellow onion
1 cup broccoli
1 cup mushrooms, sliced
1/3 cup crumbled feta
2 tablespoons fresh parsley
cooking spray

RECIPE:

- Preheat oven to 375f
- Spray twelve-cup muffin tin with cooking spray.
- Place eggs and egg whites into a large bowl and whisk to combine. Season with salt and pepper.
- Heat a skillet over medium heat with 1 teaspoon oil.
- Add in chopped veggies (bell pepper, onion, broccoli and mushrooms) and cook for about 5-6 minutes, until they're a little soft and the onions are fragrant.
- Add sautéed veggies into the bowl with the whisked eggs. Add in feta and parsley and mix well.
- Pour egg mixture into muffin cups evenly. I used a 1/3 cup measuring cup to pour each one.
- Bake for 17-20 minutes, or until the egg cups are no longer jiggle and an inserted toothpick comes out clean.

NUTRIENT DENSE NURTURING
SNACKS

ROSE & CARDAMON CHIA PUDDING

Ingredients

2 tablespoon chia seeds
1 tablespoon greek yogurt
1 cup milk (your preference)
1 teaspoon cardamom
1 teaspoon cinnamon
1 teaspoon rose syrup
1 tablespoon maple syrup
For serving, dried rose petals
(culinary-grade), fresh fruit,
granola, nut butters, etc.



RECIPE:

- Pour chia seeds into medium-size mixing bowl.
- Add yogurt and milk.
- Add spices, rose syrup, and maple syrup.
- Whisk mixture with a fork.
- Transfer to a container with a cover and place in fridge overnight.
- Take out of the fridge, add desired toppings

- This recipe is best eaten within 24 hours but will keep for 1-2 days covered in the fridge.
- You can substitute rose syrup for rose water if this tastes too sweet for you or alternatively leave out the maple syrup.



NUTRIENT DENSE NURTURING
SNACKS

PUFF PASTRY APPLE RINGS



- This recipe yields 6 apple rings.
- Thaw the puff pastry for at least 30 minutes before making.
- A pizza cutter works best for creating the long strips in the puff pastry dough.
- Use any round object that you have to core out the center, I used the cap of a spray oil.
- Make sure the apple is fully covered with the puff pastry dough before baking.
- Store in an airtight container in the fridge for up to 3 days, reheat in the air fryer/oven for a few minutes.

Ingredients

1 sheet of puff pastry (thawed)
2 apples. I use Pink Lady (sliced into rings and core removed)
1/4 cup coconut sugar
2 tablespoons cinnamon
1 egg (egg wash)

RECIPE:

- Thaw puff pastry on the counter for at least 30 minutes.
- When ready, preheat oven to 350F and prepare a baking sheet by lining it with parchment paper. Then, use a pizza cutter or knife to cut long strips in the puff pastry dough and set aside.
- Mix together the coconut sugar and cinnamon in a small bowl and set aside.
- Then, slice apple into rings and core out the center of each one. Use any small round object that you have such as an oil cap.
- Then dip each slice in cinnamon and sugar mixture to coat both sides.
- Wrap a piece of puff pastry around the apple and through the center hole until it's fully covered. Place them on a baking sheet that's lined with parchment paper and brush with an egg wash.
- Sprinkle with cinnamon and sugar and bake for 20 minutes, or until golden brown and firm to the touch, remove from the oven and let cool for a few minutes before enjoying.

NUTRIENT DENSE NURTURING
SNACKS

SOFT BOILED EGGS & DILL

I LOVE a soft boiled egg for new mums. Simple & profound. Rich in high-quality protein, choline (essential for brain function and mood regulation), and omega-3s to support recovery and milk production. Dill, a traditional herb for new mothers, helps relieve bloating, promotes digestion, and is known to reduce feelings of being 'touched out', ideal for moms who need a moment of calm in the chaos of newborn life.



- **Eat Immediately** – This dish is best enjoyed fresh, as the warm eggs and cream cheese create the perfect creamy texture. If left too long, the toast can become soggy.
- **Soft-Boil the Eggs Just Right** – Aim for 6 mins (I swear by this) for a perfectly jammy yolk. Immediately transfer to ice water to stop the cooking.

Ingredients

- 3 eggs
- ½ cup cream cheese spread
- 2 tablespoons fresh dill, finely chopped
- ¼ teaspoon sea salt
- ¼ teaspoon ground white pepper
- 3 slices of sourdough bread, thickly cut and toasted
- 2 tablespoons extra virgin olive oil

RECIPE:

- Boil the eggs for 6 minutes, transferring immediately to a bowl of cold water so cooking stops.
- Make the dill cream cheese spread in a small mixing bowl by using a spoon to combine the cream cheese, finely chopped fresh dill, sea salt and white pepper. Taste and adjust the seasoning; feel free to add more dill if you're a dill lover (like me!)
- Toast the thick slices of sourdough bread, transfer to a serving plate, dip a pastry brush into the extra virgin olive oil and brush it onto the toast, then add a generous layer of the creamy dill spread to each slice.
- Carefully peel the boiled eggs in the bowl of cold water then dry the eggs. Slice each egg into three thick slices and lay them on the creamy dill spread, then sprinkle with salt and pepper to taste, and garnish with fresh sprigs of dill, and serve immediately.

Ingredients

- 2 cups ghee
- 1 tablespoon plain flour
- 3 Cups Black Strap Molasses
- 1/2 cup ground fenugreek
- 1 cup nuts (I use chashews)
- 1/2 cup toasted sesame seeds
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

NUTRIENT DENSE NURTURING

SNACKS

FENUGREEK SESAME MOLASSES PASTE (MEFATAA)

Blackstrap Molasses is known in Egyptian culture as 'asal iswid' or 'black honey.' It's a wonderful source of iron which is so useful in the postpartum, especially for women who have hemorrhaged post-birth or are anemic in any way. It provides high levels of calcium, magnesium, vitamin B6 and other trace minerals that help replenish the body.



RECIPE:

- Warm & melt ghee and flour in a skillet
- Add sesame seeds, cinnamon, nutmeg and nuts. Stir to combine for 1 minute.
- Add black strap molasses, stirring constantly as you pour.
- Turn on high heat and bring to a boil.
- Add fenugreek and stir until mixture turns dark.
- Turn off heat. Let mixture thicken.
- Use like a spread on warm sourdough toast or just have a spoonful when you need a boost!
- Transfer into a sterilised container/jam jar.
- **Store in an airtight container (like a mason jar, or recycled jam jar)**
- **It is typically stored outside of the fridge.**
- **They can store in a container and freeze for up to 2 months.**

Teas & Tonics - Restorative Brews for the Fourth Trimester

The postpartum period is a time when your body craves deep, nurturing support—and teas, tonics and infusions are among the simplest, most grounding ways to give it just that.

For centuries, mothers have turned to these infusions as a way to gently rebuild strength, soothe the spirit, and restore balance after birth.

There's nothing I love more in my postpartum work, than watching a mum relax as she sips her warming brew.

In this chapter, you'll find a collection of teas and tonics designed to do all of the above.

Each recipe centers on nourishing herbs and ingredients that offer warmth, hydration, and targeted support for the unique needs of the postpartum body.

There's a quiet ritual in preparing these brews, a chance to pause, slow down, and tend to yourself with love in new motherhood. As you sip, remember that these teas and tonics aren't just drinks; they're a gentle reminder to care for yourself with the same tenderness you give to your baby.



My Favorite Postpartum Tea

That hits all of the postpartum necessities



This traditional postpartum drink is a staple in many Asian cultures, especially in Chinese postpartum care (zuo yue zi). It's warming, nourishing, and deeply healing—just what a new mother needs. The combination of red dates and ginger provides a rich source of energy, supports blood circulation, and aids in postpartum recovery.

Ingredients

(Serves 2-3 cups)

10 dried red dates (jujube)

1-2 slices of fresh ginger
(adjust to taste)

500 ml water

1 tablespoon goji berries
(optional, for added
nutrients)

1-2 teaspoons of raw honey
(optional, to taste)

1. Rinse the red dates under cold water to remove any impurities.
2. Using a knife, cut a small slit into each date to release more flavor during brewing.
3. In a small pot, add the red dates, ginger slices, and water.

4. Bring to a boil, then reduce the heat to a simmer. Let it simmer gently for 20–30 minutes to extract all the goodness.
5. Add goji berries during the last 5 minutes of simmering if desired.
6. Strain the tea into a mug. Stir in raw honey to taste if you'd like a touch of sweetness.

NUTRIENT DENSE NURTURING

TEAS & TONICS

CCF TEA - DIGESTION

1/2 teaspoon cumin seeds
1/2 teaspoon coriander seeds
1/2 teaspoon fennel seeds
Boiled Water (Fill french press)

Add ingredients to French press, fill with water to water line, steep for 5 minutes & serve.



MORINGA TEA - MILK SUPPLY

1/4 cup fresh moringa leaves/1 tablespoon moringa powder
5 cups of water
1 nub of ginger (optional)
1 fingernail length cinnamon stick
1 teaspoon Honey (optional)

Add ingredients to French press, fill with water to water line, steep for 10 minutes & serve.

NUTRIENT DENSE NURTURING

TEAS & TONICS

SPICED CACAO & COLLAGEN - COSY

- 240ml of your choice of milk
- 1 tablespoon of coconut oil
- 1 tablespoon ghee
- 2 tablespoons raw cacao or organic cocoa powder
- 1 tablespoon collagen powder (optional)
- ½ teaspoon cinnamon
- 1 tablespoon maple syrup or honey

Heat all ingredients in a saucepan on low-medium heat until warm.
Stir & serve



ASHGAWANDA LATTE - CALMING

- 1 teaspoon turmeric
- 1 teaspoon ashwaghandha
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla essence
- 1 cup coconut milk
- 1/4 cup water
- 1 tablespoon honey

If you want to sub Ashgawanda due to breastfeeding you can swap out for Shatavari

Heat all ingredients in a saucepan on low-medium heat until warm. Stir & serve

NUTRIENT DENSE NURTURING

TEAS & TONICS

NORA TEA INFUSION - NOURISH

2 teaspoons Red Raspberry Leaf
1 tablespoon Nettle
1 tablespoon Oat Straw
1 tablespoon Alfalfa
5 cups boiled water

Add ingredients to French press, fill with water to water line,
steep for 10 minutes & serve.



THISTLE & FENUGREEK - MOOD BOOST

3 tablespoons dried blessed thistle
2 tablespoons fenugreek seed
5 cups boiled water
Sweetness to taste (I use raw honey)

Add ingredients to French press, fill with water to water line,
steep for 5 minutes & serve.

NUTRIENT DENSE NURTURING

TEAS & TONICS

ROSE & CHAMOMILE FULL FAT LATTE

- 2 Chamomile Tea Bags/1 tablespoon organic dried chamomile
- 1 cup water
- 2 teaspoons rose water
- 2 teaspoons rose syrup or more depending on sweetness preference
- 2 teaspoons honey or more depending on sweetness preference
- 1 cup organic whole milk or any milk of choice
- 1/2 tsp Rose petals (optional)

Heat all ingredients in a saucepan on low-medium heat until warm.
Stir & serve. Garnish with rose petals



WARM ELECTROLYTE TONIC

- 1-2 cups of filtered water
- 2 Slices of lemon
- 1/4 teaspoon of Sea salt, Celtic salt, or Himalayan salt
- 2 tsp of honey

Boil kettle, pour over lemon slices & add salt. Drink first thing in the morning.

Final Thoughts



Thank you for joining me on this journey through postpartum nourishment and care.

This book has been created with deep respect for the postpartum period and an understanding of the unique needs of new mothers. Each section of this book aims to support you through this sacred, often vulnerable time with warmth, ease, and nourishment.

The fourth trimester is a time of both transformation and healing. My hope is that these recipes and ideas provide not only sustenance but also a sense of comfort and connection as you move through the early days of motherhood.

Every meal and every ritual you create with the people closest to you can help bring grounding, joy, and resilience to this tender chapter.

May you feel nurtured, empowered, and supported as you step into motherhood, and may these recipes and rituals offer you the strength and vitality you deserve. Enjoy each nourishing bite, knowing that you are doing incredible work for yourself and your growing family.

With love always, Olivia

Disclaimer: This book is not intended to provide medical or individual nutritional advice. It's important to consult with your healthcare provider regarding your specific needs during postpartum. Additionally, every body is different, and it is your personal responsibility to check that all recipes and ingredients are safe for you, particularly if you have any allergies or intolerances.