



NOURISHING

# Postpartum

RECIPES





*Welcome!*

I love this amazing recipe collection, tried and tested in my very own kitchen! These recipes aren't just any old meal ideas; they're packed with healthy ingredients, known for their energy-boosting, healing, and lactation-supporting superpowers. I've made these meals for my family and postpartum moms, so trust me when I say they're a winner.

I think this is more than just a collection of recipes, it's an invitation to prioritize yourself during the postpartum period. Moms deserve a little TLC, so let's start with some delicious dishes!



*Care*



# Loaded Savory Oats & Lentils

*Don't shy away from this one, I love it for breakfast and lunch!*

 2 servings  15 min

## INGREDIENTS

1/3 cup rolled oats  
1/4 cup red lentils  
1 1/2 to 1 3/4 cups  
vegetable broth  
1 small clove garlic -  
minced \*  
1 small shallot, chopped \*  
Sea Salt & fresh ground  
pepper - to taste

\*optional

## DIRECTIONS

1. Combine all ingredients in a medium saucepan and bring to a low boil over medium-high heat.
2. Reduce heat to medium low, and simmer uncovered for 8-12 minutes or until thickened.
3. Season with Salt & Pepper to taste
4. Spoon into bowl and add toppings of your choice.

Suggested toppings:

Avocado, tomatoes, green onions, salsa, plain yogurt

## NOTES

Good source of whole grains & fiber. Lentils provide lean protein. Oatmeal has benefits for milk production. Avocado & yogurt add veggies and dairy to make a complete meal.



## Easy & delicious energy bites

*A delicious snack that even my kids love,  
thanks to the chocolate chips,*



24 balls



15 min

### INGREDIENTS

2 cups rolled oats  
1/4 cup sweet coconut  
1/4 cups flaxseed  
3 tbsp cacao powder  
3 tbsp sesame seeds  
3 tbsp black chia seeds  
1/2 c warm water  
3 tbsp honey  
2 tbsp peanut butter  
mini chipits -to taste

### DIRECTIONS

1. Combine all ingredients in a medium bowl until well blended
2. Shape into 1" balls
3. Chill in fridge for 1 hour

### NOTES

Good source of whole grains, fiber and protein.  
Easy to grab and eat 1 handed, when you need to!



# Crockpot Tortilla Soup

*I love that I can put this together in the morning and then dinner is sorted*



8 servings



15 min  
+ 6 hrs

## INGREDIENTS

- 1 onion (diced)
- 2-3 garlic cloves (finely chopped)
- 2 tsp cumin
- 2 tsp chili powder
- 14 oz crushed tomatoes
- 1 jar salsa (heat as you prefer)
- 4 cups chicken broth
- 1 14 oz can black beans
- 1 cup frozen corn
- 2 chicken breasts
- Cilantro - as garnish

## DIRECTIONS

1. If you have time, cook onion and garlic in oil until soft and add to the bottom of a crock pot
2. Add chicken breasts to the crock pot, and then cover them with the remaining ingredients.
3. Cook on high for 4 to 6 hours
4. Remove chicken and shred, then return to pot. Add salt & pepper to taste
5. Spoon into bowl and add toppings of your choice.

Suggested toppings: Sour cream, cheddar cheese, green onions, tortilla chips

## NOTES

This warming soup with chicken bone broth is great for postpartum healing. Black beans and chicken provide lean protein. Toss an extra chicken breast or two in the pan and use them for wraps or in a salad.



# Coconut Lentil Curry

*Warming and full of flavour, this vegan curry is a filling dinner*



6 servings



5 min  
+ 1 hr

## INGREDIENTS

- 1 tbsp coconut oil
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 head garlic chopped
- 28 oz crushed tomatoes
- 3 tbsp chopped ginger
  - 1 tbsp tumeric
  - 3 tsp sea salt
- 1 cup dried brown lentils
- 1- tsp cayenne powder (optional)
- 3 cups water
- 15 oz coconut milk
- cherry tomatoes
- cilantro for garnish

## DIRECTIONS

1. Melt coconut oil and toast seeds for about 1 minute. Add garlic and brown for 2 minutes
2. Add tomatoes, ginger, tumeric and salt to the pan, and cook for 5 minutes
3. Add lentils, water and cayenne if you like a bit of heat. Bring to a boil, then reduce heat to low and simmer for 40 minutes, stirring occasionally. Add water if curry is looking dry.
4. Add coconut milk and cherry tomatoes and return to a simmer.
5. Spoon into bowl over basmati rice and enjoy


## NOTES

Full of protien and fiber, this warming dish is fantastic for postpartum healing. Add spinach for extra vegetables and iron, bone broth can also replace water.



# German Beef Bierocks

*Easy to reheat and eat one handed, this dish has become a family favourite*

 8 buns

 40 mins

## INGREDIENTS

- 1 lb ground beef
- 1 shallot
- 3 oz shredded savoy cabbage
- 4 oz beef demi glace
- 2 oz shredded emmental
- 1 package frozen pizza dough (24 oz)
- Everything bagel spice or sea salt (optional)

## DIRECTIONS

1. Preheat oven to 425 C and line baking sheet with parchment paper.
2. Finely chop the shallot and cook with ground beef and cabbage until cooked through. Season with salt & pepper.
3. Add beef demi glace and 1/4 cup of water. Cook until liquid has evaporated.
4. Divide the dough into 8 balls. Create rounds of about 5" to 6", add meat and cabbage filling and top with cheese.
5. Pull the sides together and pinch to seal and place seam down on baking sheet.
6. Brush with beaten egg, and add spice or sea salt. Bake for 12-15 minutes

## NOTES

Paired with a salad this is a fun dinner but also reheats quickly in the microwave for lunch when you have baby in arms.