

NEW MUMMA SUPPORT RECIPES

AWAKEN THE DEAD MUMMIES

SMOOTHIE INGREDIENTS

- 4 medjool pitted dates
- 1 frozen banana
- 1 tbsp nut butter (almond, brazil, ABC, peanut)
- 2 tbsbp raw cacao powder
- 1 shot of coffee (30ml)
- 500ml almond milk

LACTATION POWER

SMOOTHIE INGREDIENTS

- 1-2 frozen bana
- 1/2 cup of oats
- 1 tbsp. ground flax seeds
- 2 tbsp. raw honey
- 500ml almond milk
- 1 tbsp. brewer's yeast
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract

LACTATION COOKIES

INGREDIENTS

- 1 ¾ cup ground cashews or rolled quick oats
- ¾ cup almond or peanut butter
- ½ cup coconut sugar
- ½ cup ground flax seeds
- ¼ cup coconut oil
- 2 eggs
- 2 tbsbp ground brewers yeast
- 1 tbsp vanilla extract
- 1 tsp baking soda
- ½ cup cacao choc nibs (optional)
- ½ cup almond slivers (optional)

METHOD

- Preheat oven to 175°C degrees.
- Combine wet ingredients together (eggs, almond butter, coconut oil and vanilla) and set aside.
- Grind flax seeds in a blender or food processor until powder like.
- If needed, grind cashews in a food processor or blender until they resemble bread crumbs.
- Combine dry ingredients together (flax seeds, ground cashews, brewers yeast and baking soda) and mix with wet ingredients.
- Mix dry ingredients into wet ingredients until well combined.
- Add chocolate chips and almond slivers if desired.
- Pace 2-3 inch balls of dough (12 on a sheet) onto baking paper on a tray.
- Bake for 15-17 minutes at 175°C degrees.
- Enjoy!

BONE BROTH

INGREDIENTS

- 1-2 organic chicken frames
- 1-2 cups root vegetables
- 3 tbsbp. apple cider vinegar
- garlic and ginger
- cloves, bay leaves, tumeric

METHOD

- Put all ingredients into a slow cooker and fill with water.
- Cook on low for anywhere between 8-24hrs.
- Use a strainer to separate the frame and vegetables from the broth.
- Freeze in ice trays to use in cooking.
- Store in fridge to drink us a nourishing broth for up 3 days.