



Birth
gardens

Three Delicious
Thanksgiving Recipes
to

Increase Your Milk Supply

ANNE LECLERCQ

HELLO!

I'm Anne Leclercq, co-founder of Birth gardens and a midwife of almost 20 years. As an IBCLC and mother of three children, I support women on a daily basis in the great adventure of motherhood by sharing my knowledge and experience.



In this e-book, I share with you three delicious and nourishing recipes I found in one of Alicia Simpson's books, *Boost your Breastmilk*. With this e-book, I am looking to support your body as it slowly recovers from childbirth, boost your milk production, and boost your morale!

Enjoy your food !

THE RECIPES

BLONDIES

CINNAMON-CARDAMOM TREATS

CARROTS

DELICIOUS & GINGER-GLAZED

CORNBREAD

FLUFFY, NUTTY, & EARTHY

BLONDIES

CINNAMON-CARDAMOM TREATS

MAKES: 12 servings

MILK MAKERS: oats, barley

SUPERFOODS: hemp seeds, chia seeds

INGREDIENTS

¼ cup (60 ml) water
1 tablespoon ground chia seeds
1 cup (130 g) cornmeal
1 cup (105 g) oat or barley flour
3 to 4 tablespoons sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup (240 ml) milk of choice

½ cup (120 ml) canola oil
1 tablespoon white vinegar
2 tablespoons organic raw,
shelled hemp seeds (optional)

RECIPE

1. Preheat the oven to 375°F (190°C). Oil a 9-inch (23 cm) cast-iron skillet or baking dish.
2. Whisk together the water and chia seeds in a small bowl; set aside.
3. Whisk together the cornmeal, oat flour, sugar (more for sweeter cornbread), baking powder, baking soda, and salt in a large bowl. Add the milk, oil, and vinegar. Whisk until combined. Stir in the hemp seeds, if using.
4. Transfer the batter to the prepared skillet and bake for 20 to 25 minutes, until the bread begins to crack slightly and a toothpick comes out clean.

PER SLICE Calories: 190; total fat: 12g; saturated fat: 1g; cholesterol: 0mg/dl; sodium: 150mg; total carbohydrate: 19g; dietary fiber: 2g; sugar: 4g; protein: 4g; vitamin A: 0mcg; vitamin C: 0mg; calcium: 40mg; iron: 1.4mg. Rich in phosphorus and manganese!



CARROTS

DELICIOUS & GINGER-GLAZED

MAKES: 4 servings

SUPERFOOD: beta carotene & Vitamin A

INGREDIENTS

8 carrots, peeled

3 tablespoons extra virgin olive oil

Pinch of salt, or to taste

2½ tablespoons agave nectar

¼ teaspoon ground ginger

1/8 teaspoon ground cloves

RECIPE

1. Preheat the oven to 350°F (180°C). Line a baking dish with parchment paper.
2. Place the whole carrots in the prepared baking dish and drizzle with the olive oil. Mix until the carrots are completely covered and evenly coated. Sprinkle lightly with the salt.
3. Bake the carrots for about 30 minutes, until just tender. Whisk together the agave nectar, ginger, and cloves. Remove the carrots from the oven and baste with the ginger mixture; bake for an additional 5 minutes.

PER SERVING Calories: 180; total fat: 11g; saturated fat: 1.5g; cholesterol: 0mg/dl; sodium: 125mg; total carbohydrate: 22g; dietary fiber: 4g; sugar: 15g; protein: 1g; vitamin A: 5,658mcg; vitamin C: 6mg; calcium: 40mg; iron: <1mg. Rich in vitamin A, vitamin K, and manganese!



CORNBREAD

FLUFFY, NUTTY & EARTHY

MAKES: 12 servings

MILK MAKERS: oats, barley

SUPERFOODS: hemp seeds, chia seeds

INGREDIENTS

¼ cup (60 ml) water
1 tablespoon ground chia seeds
1 cup (130 g) cornmeal
1 cup (105 g) oat flour or barley flour
3 to 4 tablespoons sugar
1 teaspoon baking powder
½ teaspoon baking soda
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THANKS!

Thank you so much for downloading this e-book. I hope you enjoy these easy and comforting recipes. Don't hesitate to join us on www.birthgardens.com for more lactation tips!



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