

COOKING RECIPES

15 special recipes
POST-PARTUM

BALANCED AND DELICIOUS
TO HELP INCREASE YOUR MILK SUPPLY

BY ANNE LECLERCQ BIRTH GARDENS

HELLO !

I'm Anne Leclercq, co-founder of Birth gardens and a midwife for almost 20 years. IBCLC , and mother of 3 children, I support women on a daily basis in this great adventure of motherhood by sharing my knowledge and experience.



In this e-book, I share with you 15 delicious and nourishing recipes I found in Alicia Simpson books " Boost your Breastmilk" . With this ebook 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

SMOTHIES & YAOURT

MORINGA & BERRIES SMOOTHIE
PAPAYA POWER SMOOTHIE
QUICK COCONUT MILK YOGURT

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HOT MEALS

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MORINGA MUFFINS
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SMOOTHIE

MORINGA & BERRIES



Ingredients to promote milk production: moringa.

Superfoods: pumpkin seeds; flaxseed, hemp or chia seed oil.

INGREDIENTS

1 cup (240 ml) mango nectar or juice,
1 cup (140 g) frozen blueberries,
1 cup (150 g) frozen strawberries,
1 tablespoon pumpkin seed protein powder,
1 teaspoon of flaxseed, hemp or chia oil,
1 teaspoon moringa powder,
1 tablespoon of water or milk of your choice (as needed).

RECIPE

Pour all ingredients into a high-speed blender and blend until smooth. The smoothie may be very thick. To dilute, add no more than 1 tablespoon of water or milk.

NUTRITIONAL INTAKE per serving (2 cups/480 mL):

Calories: 350; total fat: 7 g; saturated fat: 0.5 g; cholesterol: 0 mg/dl; sodium: 60 mg; total carbohydrates: 68 g; dietary fiber: 10 g; sugar: 51 g; protein: 10 g; vitamin A: 1,932 mcg; vitamin C: 102 mg; calcium: 200 mg; iron: 6 mg Rich in vitamin A, vitamin C, calcium, iron, vitamin E, vitamin K, folate and manganese.

SMOOTHIE

PAPAYA POWER



Ingredients to promote milk production: barley, papaya.
Superfoods: Pumpkin seeds.

INGREDIENTS

- 1 cup (240 ml) barley water
- $\frac{3}{4}$ cup (105 g) frozen mango
- $\frac{3}{4}$ cup (130 g) frozen papaya
- $\frac{1}{2}$ cup (75 g) frozen strawberries
- $\frac{1}{4}$ cup (65 g) raw pumpkin seeds
- 1 tablespoon agave nectar

RECIPE

Blend all ingredients in a high speed blender until smooth.

NUTRITIONAL INTAKE per serving (2 cups/480 mL):

Calories: 390; total fat: 16 g; saturated fat: 3 g; cholesterol: 0 mg/dl; sodium: 15 mg; total carbohydrates: 59 g; dietary fiber: 9 g; sugar: 43 g; protein: 11 g; vitamin A: 483 mcg; vitamin C: 102 mg; calcium: 80 mg; iron: 3.6 mg.

Rich in vitamin A, vitamin C, iron, thiamin, niacin, folate, phosphorus, magnesium, zinc, copper and manganese;

YOGURT

QUICK COCONUT MILK YOGURT



FOR 2 CUPS (250 g)

Superfoods: probiotics

INGREDIENTS

- 2 cups (200 g) fresh or frozen coconut meat
- ½ cup (120 ml) water or coconut water
- 2 teaspoons fresh lemon juice
- 1 probiotic capsule
- ½ teaspoon calcium carbonate powder
- 2 tablespoons sugar or agave nectar

RECIPE

1. Blend all ingredients in a high-speed blender until smooth. Initially, the yogurt will be a bit grainy; you'll know it's perfect when it's completely smooth.
2. Transfer the yogurt to an airtight container, preferably glass, and refrigerate overnight or for at least 2 to 3 hours. Coconut yogurt will stay fresh in the refrigerator for 3 days.

NUTRITIONAL INTAKE per serving (½ cup/65 g):

Calories: 170; total fat: 13 g; saturated fat: 12 g; cholesterol: 0 mg/day; sodium: 40 mg; total carbohydrates: 14 g; dietary fiber: 4 g; sugar: 10 g; protein: 2 g; vitamin A: 0 mcg; vitamin C: 2.4 mg; calcium: 150 mg; iron: 1mg

Rich in calcium, copper and manganese.

SALAD

SPRING SALAD WITH BALSAMIC VINAIGRETTE AND SPICED PECAN

FOR 4 servings of salad and 1¾ cups of vinaigrette (420 g)
Superfoods: green leafy vegetables, carrots, flaxseed oil, pecans.

INGREDIENTS

SPICY PECANS

- 1 cup (240 ml) warm water
- ¼ cup (50 g) plus 2 tablespoons sugar
- 1 cup (100 g) pecan halves
- 1 tablespoon chili powder

BALSAMIC VINEGAR

- ½ cup (120 ml) balsamic vinegar
- ½ cup (120 ml) extra virgin olive oil
- ½ cup (120 ml) flaxseed oil
- 3 tablespoons agave nectar
- 2 tablespoons Dijon mustard
- 2 cloves of garlic, minced

SALAD

- A 312 g can of mandarins in their juice, drained
- 1 romaine lettuce, thinly sliced or 170g fresh baby salad greens
- 285 g cherry or grape tomatoes
- ½ cup (55 g) grated carrots

NUTRITIONAL INTAKE: Spicy pecans per serving (45 g)

Calories: 250; total fat: 18 g; saturated fat: 1.5 g; cholesterol: 0 mg/dl; sodium: 85 mg; total carbohydrates: 23 g; dietary fiber: 3 g; sugar: 20 g; protein: 3 g; vitamin A: 180 mcg; vitamin C: 0 mg; calcium : 26 mg ; fer 1,1 mg

Rich in vitamin A, thiamine, zinc, copper and manganese

Dressing per serving (1 tbsp)

Calories: 80; total fat: 7 g; saturated fat: 1 g; cholesterol: 0 mg/di; sodium: 10 mg; total carbohydrates: 2 g; dietary fiber: 0 g; sugar: 2 g; proteins: 0 g; vitamin A: 0 mcg; vitamin C: 0 mg; calcium: 0 mg; iron: 0 mg

RECIPE

1. To prepare the spiced pecans, combine the water and $\frac{1}{4}$ cup (50 g) sugar in a bowl. Add the pecan halves and soak for 10 minutes. Preheat the oven to 350°F (180°C) and lightly grease a baking sheet.
2. Drain the pecans and discard the sugar water. Mix the remaining 2 tablespoons sugar and chili powder. Toss with the pecans and place on the baking sheet. Bake for 10 to 15 minutes, until golden brown, stirring once. Remove from the oven and let cool in the pan.
3. To make the balsamic vinaigrette, whisk together all the ingredients, transfer to an airtight container and store in the refrigerator until ready to use. The dressing can be refrigerated for up to 7 days.
4. To prepare the spring salad, mix all the ingredients in a large serving bowl. Toss with balsamic vinaigrette and garnish with spiced pecans.



GUACAMOLE

NEW MOM

For 1 cup (300 G)
Superfood: avocado

INGREDIENTS

- 2 ripe Hass avocados, cut in half and pitted
- Juice of ½ lime
- 1 tablespoon dried cilantro (or 3 tablespoons fresh)
- ½ teaspoon of salt
- ¼ teaspoon garlic powder

RECIPE

Scoop the avocado flesh into a medium bowl and mash it with the back of a large spoon. Add the lime juice, cilantro, salt and garlic powder. Stir to combine.

NUTRITIONAL SUPPLY: per serving (75 g)

Calories: 120; total fat: 10 g; saturated fat: 1.5 g; cholesterol: 0 mg/day; sodium: 300 mg; total carbohydrates: 7 g; dietary fiber: 5 g; sugar: 0 g; protein: 1 g; vitamin A: 54 mcg; vitamin C: 7 mg; calcium: 0 mg; iron: 0.4 mg

Rich in vitamin E, vitamin K, vitamin B6, folate, pantothenic acid and copper.

CARROTS

GINGER-GLAZED

For 4 servings Superfood: carrot.

INGREDIENTS

- 8 carrots, peeled
- 3 tablespoons of extra virgin olive oil
- A pinch of salt
- 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 whole carrots in the prepared baking dish and drizzle with olive oil. Mix until the carrots are completely covered and evenly coated. Sprinkle lightly with salt.
3. Cook the carrots for about 30 minutes, until just tender.
4. Whisk together agave nectar, ginger and cloves.
5. Remove the carrots from the oven and baste with the ginger mixture; cook for another 5 minutes.

NUTRITIONAL SUPPLY: per serving

Calories: 180; total fat: 11 g; saturated fat: 1.5 g; cholesterol: 0 mg/di; sodium: 125 mg; total carbohydrates: 22 g; dietary fiber: 4 g; sugar: 15 g; protein: 1 g; vitamin A: 5,658 mcg; vitamin C: 6 mg; calcium: 40 mg; iron: <1 mg

Rich in vitamin A, vitamin K and manganese.

GNOCCHI

WITH MORINGA PESTO

For 6 servings
Milk maker: moringa
Superfoods: basil, pine nuts.

INGREDIENTS

- 1½ ounces (45 g) fresh basil leaves
- ½ cup (120 ml) extra virgin olive oil
- ½ cup (70 g) pine nuts
- 2 peeled garlic cloves
- 1 tablespoon nutritional yeast
- 1 tablespoon plus 1 teaspoon moringa powder
- ¼ teaspoon of salt
- 1 pound (455 g) gnocchi, cooked according to package directions.





RECIPE

1. Combine all the ingredients except the gnocchi in a food processor and process until smooth.
2. Toss with the gnocchi and serve warm.

NUTRITIONAL SUPPLY: per serving

Calories: 370; total fat: 27 g; saturated fat: 3 g; cholesterol: <5 mg/dl; sodium: 480 mg; total carbohydrates: 28g; dietary fiber: 2 g; sugar: 4 g; protein: 7 g; vitamin A: 135 mcg; vitamin C: 14 mg; calcium: 52 mg; iron: 1.8 mg

Rich in iron, potassium, vitamin A, vitamin C, vitamin K, copper and manganese.

CURRY

GREEN BEANS AND COCONUT

For 6 servings

Ingredient to promote milk production: fenugreek seeds

Superfoods: turmeric.



INGREDIENTS

- 1 tablespoon extra virgin olive oil
- ½ medium onion, thinly sliced
- 1 clove garlic, minced
- 1 tablespoon curry powder
- 2 teaspoons of fenugreek seeds
- ¼ teaspoon red pepper flakes, optional
- ¼ teaspoon ground turmeric
- ¼ teaspoon of salt
- 1 pound (455 g) fresh or frozen green beans and thawed
- ⅝ cup (180 ml) coconut milk
- ½ to 1 tablespoon brown sugar

RECIPE

1. Heat the oil in a saucepan over medium-high heat.
2. Cook the onion in the oil until it begins to brown, about 10 minutes.
3. Add the garlic and cook for an additional minute.
4. Stir in curry powder, fenugreek seeds, red pepper flakes, if using, turmeric, and salt; cook for another 3 minutes.
5. Add the green beans and toss until evenly coated.
6. Pour in the coconut milk and brown sugar and simmer for at least 5 minutes, or longer (up to 30 minutes).

NUTRITIONAL SUPPLY: per serving

Calories: 130; total fat: 10g; saturated fat: 7 g; cholesterol: 0 mg/di; sodium: 110 mg; total carbohydrates: 11 g; dietary fiber: 4 g; sugar: 5 g; protein: 3 g; vitamin A: 138 mog; vitamin C: 12 mg; calcium: 40 mg; iron: 1.8 mg

Rich in vitamin A, iron, vitamin K, magnesium and manganese.



STEW

MOROCCAN SPICED CHICKPEAS

Serves 6

Superfoods: chickpeas, spinach.

INGREDIENTS

- 3 tablespoons of extra virgin olive oil
- ½ medium onion, diced
- 6 cloves garlic, minced
- 1 teaspoon of ground cumin
- 1 teaspoon of paprika
- ½ teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 4½ cups (740 g) cooked chickpeas
- 4 cups (960 ml) vegetable broth
- One 14.5 ounce (410 g) can chopped tomatoes
- 1 teaspoon of sugar
- 1 cup (155 g) frozen spinach.



RECIPE

1. Warm the oil in a large stockpot over medium heat.
2. Add onion and cook until translucent, about 5 minutes. Add garlic and cook until fragrant, about 1 minute.
3. Add the cumin, paprika, cinnamon and cayenne pepper and stir for an additional minute.
4. Stir the chickpeas, broth, tomatoes and sugar.
5. Simmer, covered, for 30 minutes.
6. Stir in the spinach and simmer for another 15 minutes.

NUTRITIONAL SUPPLY: per serving

Calories: 310; total fat: 10 g; saturated fat: 1.5 g; cholesterol: 0 mg/dl; sodium: 780 mg; total carbohydrates: 43g; fibres alimentaires : 12 g ; sucre : 10 g ; protéines : 13 g ; vitamine A : 1 170 mcg ; vitamine C : 14 mg ; calcium : 130 mg ; fer : 4,5 mg

Rich in calcium, iron, vitamins A,C,E,K, thiamine, vitamin B6, folate, phosphorus, magnesium, zinc, copper and manganese.



RISOTTO

CREAMY BARLEY

For 4 servings

Ingredient to promote milk production: barley.

Super foods: carrots, chickpeas.

INGREDIENTS

- 3 cups (720 ml) vegetable broth
- 1 cup (200 g) pearl barley
- ¼ cup (35 g) cubed fresh butternut squash
- 1 medium carrot, cut into 6mm medallions
- 1 tablespoon extra virgin olive oil
- ¼ cup (40 g) cooked chickpeas
- ¼ cup (60 ml) milk of your choice
- 1 clove of garlic, chopped
- ¼ teaspoon of salt



RECIPE

1. Combine broth and barley in a medium stockpot and bring to a boil.
2. Reduce heat to medium-low and simmer uncovered for 40 minutes. Reduce the heat, cover and cook for an additional 10 minutes.
3. Remove from heat and fluff with a fork.
4. Preheat the oven to 425°F (220°C).
5. Line a baking sheet with parchment paper. Toss butternut squash and carrot in oil. Sprinkle with a pinch of salt and roast for 15 to 20 minutes, until tender.
6. Blend roasted vegetables, chickpeas, milk, garlic, and remaining salt in a blender or food processor until smooth.
7. Pour the sauce over the barley and toss to coat.
8. Serve hot.

NUTRITIONAL SUPPLY: per serving

Calories: 250; total fat: 5 g; saturated fat: 0.5 g; cholesterol: 0 mg/di; sodium: 870 mg; total carbohydrates: 48 g; dietary fiber: 9 g; sugar: 4 g; protein: 7 g; vitamin A: 1,170 mcg; vitamin C: 4 mg; calcium: 26 mg; iron: 1.8 mg.

Rich in iron, potassium, vitamin A, thiamine, vitamin B6, nia-cin, phosphorus, magnesium, zinc, selenium, copper and manganese.

SOUP

DASHI RAMEN

For 2 servings

Ingredient to promote milk production: mushrooms.

Super foods: miso, seaweed, bok choy.

INGREDIENTS

- 2 teaspoons of extra virgin olive oil
- 3 ounces (85 g) shiitake mushrooms
- 2 heads of baby bok choy, thinly sliced
- 4 cups (960 ml) water
- 5 cm (2 inch) piece dried kombu
- 1 tablespoon sweet miso paste
- 12 ounces (340 g) fresh or dried ramen noodles

RECIPE

1. Warm the oil in a medium saucepan and sauté the mushrooms and bok choy until tender. Stir in the water, kombu and miso paste and bring to a low boil.
2. Add the ramen noodles and simmer uncovered for 3 to 4 minutes, until the noodles are al dente. Ladle the soup into bowls and serve warm.

NUTRITIONAL SUPPLY: per serving

Calories: 750; total fat: 9 g; saturated fat: 1 g; cholesterol: 0 mg/di; sodium: 1,200 mg; total carbohydrates: 147g; dietary fiber: 26 g; sugar: 6 g; protein: 31 g; vitamin A: 990 g; vitamin C: 36 mg; calcium: 195 mg; iron: 9 mg

Rich in calcium, vitamin A, vitamin C, pantothenic acid and copper.

BREAD

AGAVE GRAHAM OATMEAL

For 1 loaf

Ingredients to promote milk production: oats, barley, graham flour

Superfoods: hemp seeds.

INGREDIENTS

- 2 cups (275 g) bread flour
- 1¼ cup (300 ml) milk of your choice
- 1 cup (120 g) graham flour
- 1 cup (80 g) rolled oats
- 3 tablespoons agave nectar
- 2 tablespoons of extra virgin olive oil
- 2 teaspoons bread machine yeast
- 1 teaspoon of salt
- 3 tablespoons of raw, shelled organic hemp seeds.





RECIPE

1. Place all ingredients except the hemp seeds in the bowl of a bread machine. Program the machine for 1½ pounds (680 g) of bread on the dough cycle and press start. Fifteen minutes into the cycle, check the dough and scrape down the sides if any residual ingredients have not been thoroughly mixed into the dough.
2. Add the hemp seeds, if using, and continue to let the dough cycle run.
3. Once the dough cycle is complete (about 1.5 hours), transfer the dough to an oiled 9 x 5 inch (23 x 13 cm) loaf pan. Cover the pan with a paper towel and set in a warm place to allow the dough to rise for 1-2 hours.
4. Preheat the oven to 350°F (180°C) and bake the bread for 30 to 35 minutes, until the bread sounds hollow when you tap it and the crust is deep brown. (Be sure to test for hollow sound; it may appear from the outside that it is fully cooked.)
5. Remove the bread from the pan and allow to cool on a wire rack. Let cool to room temperature then slice as needed. Bread can be stored in the refrigerator for 3 to 5 days or in the freezer (slice it first) for up to 5 months.

NUTRITIONAL SUPPLY per slice (20 slices per loaf):

Calories: 120; total fat: 3 g; saturated fat: 0 g; cholesterol: 0 mg/day; sodium: 115 mg; total carbohydrates: 19 g; dietary fiber: 2 g; sugar: 3 g; protein: 4 g; vitamin A: 0 mcg; vitamin C: 0 mg; calcium: 0 mg; iron: 1.1 mg.

Rich in thiamine and manganese.

BISCUITS

WITH ALMOND BUTTER

For 16 biscuits

Ingredient to promote milk production: oats.

Superfoods: almonds, chia seeds.

INGREDIENTS

- ¼ cup (60 ml) water
- 1 tablespoon ground chia seeds
- ¾ cup (190 g) almond butter
- ½ cup (115 g) Earth Balance margarine, softened
- ¾ cup (165 g) packed dark brown sugar
- 2 tablespoons of maple syrup
- 1 teaspoon of vanilla extract
- 1½ cups (160 g) oat flour
- 1 teaspoon of baking soda
- ½ teaspoon of salt



RECIPE

1. Whisk together water and chia seeds in a small bowl; put aside.
2. Cream the almond butter and margarine using an electric mixer until fluffy.
3. Add the sugar and maple syrup and beat on high for about 2 minutes, scraping down the sides of the bowl as necessary. Reduce speed to medium and add chia and vanilla mixture; beat until well combined. Add the oat flour, baking soda and salt and beat until well combined.
4. Cover and place the bowl in the refrigerator for at least 30 minutes or up to 24 hours.
5. Preheat the oven to 350°F (180°C) and line two baking sheets with sheets of parchment paper.
6. Scoop out a heaped tablespoon of dough and roll to form a ball. Arrange the balls on the baking sheets about 2 inches apart. With a fork lightly dipped in the oat flour, press the tines into the dough to flatten it slightly, forming a crisscross pattern.
7. Bake for 9 to 11 minutes, until the cookies are lightly browned and just set. Remove from oven and let cool 2 minutes on baking sheets.

NUTRITIONAL SUPPLY per biscuit:

Calories: 260; total fat: 13 g; saturated fat: 3 g; cholesterol: 0 mg/dl; sodium: 250 mg; total carbohydrates: 30 g; dietary fiber: 3 g; sugar: 19 g; protein: 5 g; vitamin A: 0 mcg;
vitamine C : 0 mg ; calcium : 26 mg ; fer : 0,7 mg

Rich in niacin and copper.

MUFFINS

MORINGA

For 12 muffins

Ingredient to promote milk production: moringa.

Superfoods: chia seeds.

INGREDIENTS

- ¼ cup (60 ml) water
- 1 tablespoon ground chia seeds
- ½ cup (115 g) butter,
- ½ cup (100 g) sugar
- 1 teaspoon of vanilla extract
- 1½ cups (190 g) all-purpose flour
- 1 tablespoon of baking powder
- 1/8 teaspoon fine salt
- ½ cup (120 ml) milk of your choice
- 1 tablespoon of white vinegar
- 3 teaspoons crushed dried moringa leaves or 2 teaspoons moringa powder





RECIPE

1. Preheat the oven to 350°F (180°C). Line a 12-cup muffin pan with silicone or paper baking cups.
2. Whisk together water and chia seeds in a small bowl; set aside.
3. Using an electric mixer, cream the softened margarine and sugar until light and fluffy. Beat in chia seed mixture and vanilla extract. Stir in the flour, baking powder and salt. Stir in the milk and vinegar until the batter is smooth.
4. Then add the moringa and mix until well combined.
5. Fill the muffin cups about three-quarters full and bake for 18 to 20 minutes, until a toothpick inserted comes out clean.

NUTRITIONAL SUPPLY per muffin:

Calories: 280; total fat: 15 g; saturated fat: 1.5 g; cholesterol: 0 mg/day; sodium: 200 mg; total carbohydrates: 30 g; dietetic.

fibres : 4 g ; sucre : 6 g ; protéines : 6 g ; vitamine A : 0 mcg ; vitamine C: 0 mg ; calcium : 150 mg ; fer : 1,8 mg

Rich in vitamin E, vitamin K, phosphorus and manganese.

WAFFLES

ALL-OATS

For 6 to 8 waffles

**Ingredients to promote milk production: oats, barley malt.
Superfoods: chia seeds.**

INGREDIENTS

- 1/3 cup (80 ml) water
- 1 tablespoon ground chia seeds
- 1½ cups (160 g) oat flour
- 3 teaspoons of baking powder
- ½ teaspoon of salt
- ¼ teaspoon pumpkin pie spice
- ¾ cup (180 ml) oat milk
- 1/3 cup (80 ml) canola oil
- 2 tablespoons maple syrup (or 1 tablespoon maple syrup and 1 tablespoon barley malt)
- 1 tablespoon of white vinegar
- 1 teaspoon of vanilla extract
- Non-stick cooking spray.





RECIPE

1. Whisk together water and chia seeds in a small bowl; put aside.
2. In a large bowl, whisk together the oat flour, baking powder, salt and pumpkin pie spice. In another small bowl, whisk together the milk, canola oil, maple syrup, vinegar, vanilla and chia seed mixture.
3. Pour the wet ingredients into the dry ingredients.
4. Stir until everything is well combined. Let the dough rest uncovered for 5 to 10 minutes. While the batter is setting, preheat your waffle iron.
5. Spray the waffle iron with nonstick cooking spray and ladle out $\frac{1}{4}$ cup (60 ml) of batter at a time into the waffle molds. Cook until steam stops escaping from the iron, 3 to 5 minutes. Once the waffles are golden brown and crispy, transfer them to a cooling rack.
6. Repeat with remaining dough.

NUTRITIONAL SUPPLY per muffin:

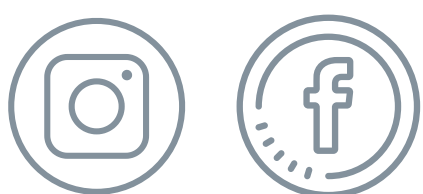
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THANKS

for downloading this e-book! I hope you enjoy these easy and comforting recipes. Don't hesitate to join us on www.jardinsdenaissance.com for more maternity advice!



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