

Black Women for Wellness

Healthy *Lifestyle*

A Cookbook and Guide for Mommy and Baby



Quick . Simple . Mom Approved.

Feeding & Nourishing Our Family

Black Women for Wellness understands the importance of reclaiming our kitchens as a space where our families can experience health and wellness.

This cookbook serves as a tool to assist your family as you explore new foods for your baby that will support their growth and development.

We've included recipes to support mamas in the fourth trimester through motherhood. Your body deserves to be restored and empowered.

May these recipes nourish your body and fuel your souls.



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Recipes for Baby
A healthy baby is a happy baby.

Food Introduction

Feeding your baby is exciting. Here are helpful tips you can use as you begin this journey with your baby.

- Read labels.
- Start with familiar foods.
- **Choose one food to introduce at a time then proceed with recipes from this book.**
- For babies under the age of "1", food is for fun. All of their nutrition is coming from breastmilk and formula.
- Don't worry if your child refuses certain foods. Try a different form, try a different day, and try mixing it with something they enjoy.
- Have frozen fruits and vegetables that are easy to grab and go.

CinnaMoms Tips

Our partners have provided additional tips to support you and your baby during this time.

- **Remember to introduce foods one at a time to check for allergies. For recipes requiring more than one food item, try introducing your baby to one item at a time before making a puree of two or more ingredients.**
 - Iron is good for continued growth
 - Omega-3 Fatty Acids are great for brain development
 - Fiber is great for alleviating constipation
- Making the recipes that require breast milk are a great way to utilize leftover breast milk
 - Combining Iron and Vitamin C are a great way to prevent anemia
 - Staying hydrated and fed will protect your milk supply
 - Use whole wheat items when possible

Kitchen Aids & Spices

Below are a few kitchen aids and spices you will need to successfully complete recipes in this book.

- Blender
- Food processor
- Saucepan with Lid
- 8-10 in Saute Pan
- Spatula
- Fine Mesh Strainer
- Popsicle molds
- Mixing bowl
- Serving bowl

- Pepper
- Salt
- Garlic powder
- Onion Powder
- Paprika
- Vanilla Extract
- AP Flour
- Baking powder
- Cinnamon
- Ground ginger
- Cloves
- Turmeric
- Basil
- Thyme
- Salt



Carrot Puree

Adapted from madeformums.com

🕒 30 minutes

Instructions

Step 1

Boil a pot of water.

Step 2

Chop carrots, place in a saucepan, and pour over just enough boiling water to cover. Cover with a lid and simmer for 15 to 20 minutes until soft.

Step 3

Drain the carrots and place them in a blender, adding some of the water from the cooking liquid. Puree until very smooth.

This recipe is suitable for the first week of weaning, so it needs to be very smooth with no lumps.

Add liquid as necessary - puree should be thick and not too runny.

Ingredients

1-2 peeled carrots

Nutrition

Fiber

Potassium

Vitamins A, C, and K

Age: 6 months +



Sweet Potato, Red Pepper, and White Bean Puree

Adapted from happyveggiekitchen.com

🕒 5 minutes

Instructions

Step 1

Puree all ingredients using a food processor or mini blender, and Enjoy!

You may add vegetable broth to change the consistency of the puree.

Ingredients

1 small baked sweet potato
1 roasted red pepper (peeled)
4 tablespoons of haricot/navy
beans (cooked)

Nutrition

Iron
Vitamin C

Age: 6 Months +



Ingredients

2 cups of blueberries

1 pear (peeled, cored, and sliced into chunks)

½ cup of cannelloni beans

¼ teaspoon of vanilla extract

Nutrition

Antioxidants

Fiber

Iron

Age: 6 Months +

Blueberry, Vanilla, and White Bean Puree

Adapted from happyveggiekitchen.com

🕒 30 minutes

Instructions

Step 1

Scatter the pear chunks and blueberries on a baking dish lined with parchment paper—Bake at 360F for 15-20minutes (the blueberries should be leaching juice, and the pears should crush easily under a bit of pressure from a fork).

Step 2

Puree the fruit with the white beans and vanilla extract until smooth.

Step 3

Serve as desired.



Prune and Apple Puree

Adapted from pickyeaterblog.com

🕒 30 minutes

Ingredients

- 8 Organic Fuji Apples (washed, halved and seeded)
- 20 Organic Prunes (pitted)
- 8-10 oz of water

Nutrition

Antioxidants
Fiber

6 months +

Instructions

Step 1

Cut each apple half into 4-6 pieces.

Step 2

Put apples, prunes, and water into a large pot. Cover and turn the burner on high. Cook for 8 minutes, stirring occasionally.

Step 3

Pour everything into a blender and puree until smooth.

For a thicker puree, use less water.



Pea Baby Puree

Adapted from babyfoode.com

🕒 10 minutes

Ingredients

2 cups of peas (fresh or frozen)
½ cup of zucchini (optional)
4 mint leaves

Nutrition

Fiber
Folate
Protein
Vitamins A, C, and K

Age: 4- 6 months +

Instructions

Step 1

Bring a saucepan with a little water to a boil. Add chopped zucchini (optional) to a steamer basket, cover, and steam for 5 minutes.

Step 2

Add the peas and steam for another 3-5 minutes. Allow to cool.

Step 3

Transfer the cooked peas and zucchini to a blender or food processor. Add in the chopped mint and puree until smooth and creamy, adding reserved water if needed to thin out the puree.



Mango Puree

Adapted from yummytoddlerfood.com

🕒 5 minutes

Ingredients

1 cup of diced mango
2 tablespoons to ¼ cup of
water, formula or breast
milk as needed

Nutrition

Antioxidants

Fiber

Vitamin C

Age: 6 months +

Instructions

Step 1

Place mango into a blender. Blend adding liquid as needed, starting with the smaller amount.

Step 2

Serve or store for future use.



Ingredients

1 small can of salt-free sweetcorn
(drained)

A small handful of baby spinach
leaves

1 small garlic clove (crushed)

1 scallion (chopped)

½ cup of plain flour

½ teaspoon of baking powder

1/4 cup egg substitute

¼ cup of breast milk

1 teaspoon of grape-seed oil for frying

Nutrition

Iron

Protein

Vitamin C

Age: 6 months +

Sweetcorn and Spinach Fritters

Adapted from bbcgoodfood.com

🕒 16 minutes

Instructions

Step 1

Pulse all the ingredients except the oil in a food processor until somewhat but not completely smooth.

Step 2

Heat a little oil in a frying pan until hot. Dollop four spoonfuls of the mixture into the pan, leaving space around them. Fry for just under 1 minute on each side until lightly golden. When you flip the fritter, flatten it with a spatula to ensure even cooking. Cook in three batches, placing the cooked fritters on a plate covered with paper towels. Allow to cool to lukewarm before serving.

*You can freeze any fritters you don't need.
Reheat the frozen fritters in the oven for around
11 10 mins until piping hot.*



Ingredients

5 florets of cauliflower

5 florets of broccoli

Half of a whole zucchini (cut into sticks)

Half of a whole carrot (peeled and cut into sticks)

½ cup of plain yogurt

Quarter of a whole cucumber (peeled and finely chopped)

1 handful of mint leaves (chopped)

1 splash extra virgin olive oil

Nutrition

Iron

Fiber

Potassium

Vitamins C & K

Promotes hydration

Supports fine motor skill development

Age: 8 months +

Steamed Vegetables with Cucumber Dip

Adapted from madeformums.com

🕒 20 minutes

Instructions

Step 1

Steam all the vegetables until tender but still firm enough for little ones to hold - add the carrots and broccoli to the steamer first, then the zucchini sticks and cauliflower.

Step 2

Remove all the excess water from the chopped cucumber by squeezing it in a clean tea towel (you can also use a paper towel).

Step 3

Add the cucumber, chopped mint, and a glug of extra virgin olive oil to the yogurt. Stir well. Use as a dip for the steamed veggies.



Mom Tip

Make sure your baby isn't too tired to eat. Choose a feeding time when your baby is alert and willing to engage in the experience.





Superfood Popsicles

Adapted from leangreenbean.com

🕒 10 minutes

Ingredients

1/3 cup of breast milk, formula, or water

1/2 cup of chopped greens of choice*

1/2 cup of chopped fruit of choice**

1 teaspoon of freshly-squeezed lemon or lime juice

**try spinach, kale, or arugula*

***try peaches, apples, pears, and/or berries*

Nutrition

Minerals

Vitamin C

Instructions

Step 1

Puree all ingredients in a blender or food processor until smooth. Strain using a fine-mesh strainer.

Step 2

Pour into Popsicle molds. Cover and freeze until hardened (3-4 hours).



Baby Banana Pancakes

Adapted from
theconsciousplantkitchen.com

🕒 10 minutes

Instructions

Step 1

Peel and mash the ripe banana until smooth.

Step 2

Stir the milk and mashed banana together, then stir in flour. Whisk everything together and set aside for 5 minutes while your pancake griddle warms up.

Step 3

Lightly grease your griddle with coconut oil. Pour 1 tablespoon of batter per pancake and cook for 1-2 minutes. Flip over and cook an extra 30 seconds-1 minute.

Step 4

Cool for 10 minutes, then serve.

Ingredients

- 2 tablespoons of plant-based milk or breastmilk
- 3 tablespoons of all-purpose flour or white whole wheat flour
- 1 small banana (ripe and peeled)
- coconut oil (to grease your pan)

Nutrition

Fiber

Potassium

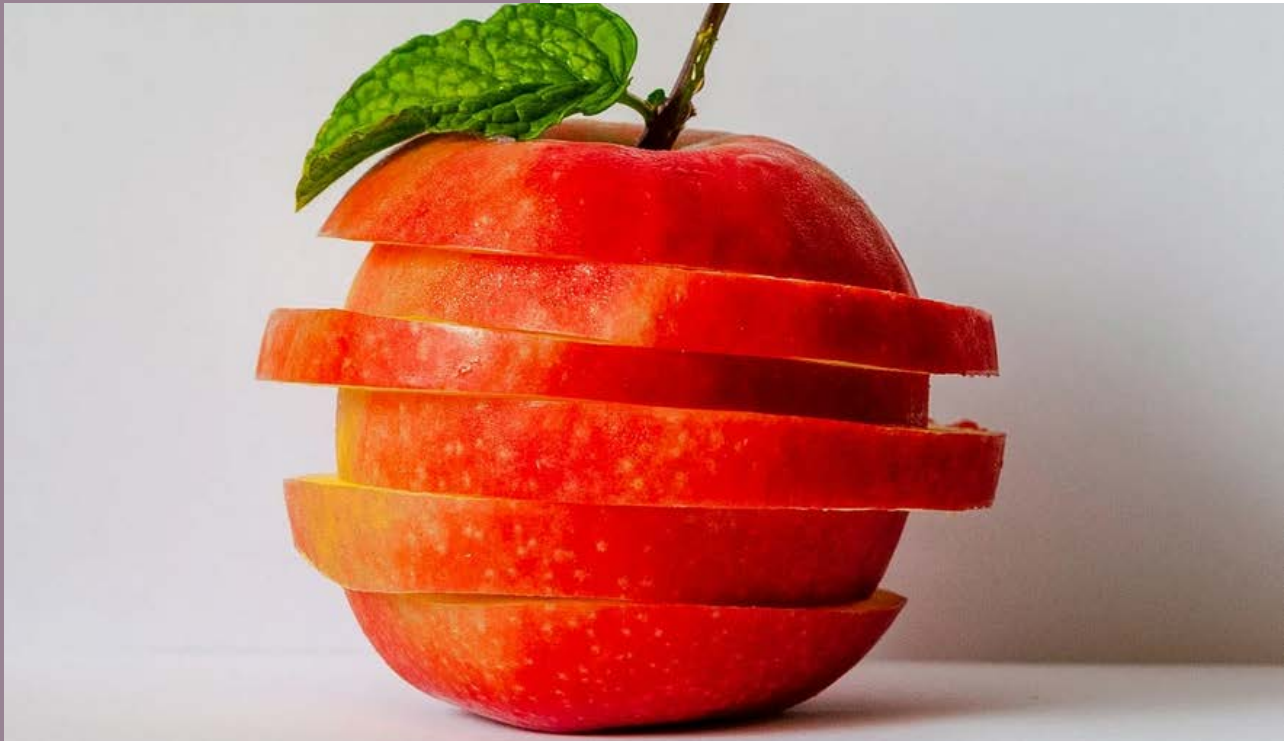
6 months +



Mom Tip

Be at peace with mess. Food and eating time will be more enjoyable for your baby. You can clean later.





Baby Teething Crackers

Adapted from babyfoode.com

🕒 15 minutes

Instructions

Step 1

Preheat the oven to 350F. Line a baking sheet with parchment paper and set it aside.

Step 2

Whisk all the dry ingredients in a mixing bowl. Make a well in the center of the flours and add melted coconut oil, unsweetened applesauce, and vanilla essence. Stir with a spatula at first, then knead by hand until the dough comes together.

Step 3

Roll the dough between two pieces of parchment paper. Cut it into small long rectangles. Bake for 10-15 minutes.

Step 4

Cool and store in a cookie box for up to 2 weeks in the pantry.

Ingredients

1 cup of oat flour

2 ⅓ tablespoons of rice flour

½ teaspoon of baking powder (optional)

½ cup of unsweetened applesauce

2 tablespoons of melted coconut oil

1 teaspoon of vanilla extract

Nutrition

Fiber

6 months +



Banana Chia Pudding

Adapted from mykidslickthebowl.com

🕒 5 minutes

Ingredients

1 Banana
1 pack of black or white chia seeds
2 tablespoons of soy milk

Nutrition

Fiber
Omega-3 Fatty Acids
Potassium
Supports brain development
and healthy muscles

6 months +

Instructions

Step 1

Blend banana and milk together until smoothie-like.

Step 2

Mix the chia seeds into the smoothie. If you prefer, you can give a few pulses to mix them in.

Step 3

Pour into a serving bowl or jar. Refrigerate for a minimum of 20 minutes before serving.



Ingredients

- 1 tablespoon of oat flour (or finely ground oats)
 - 1 large banana
 - 2 tablespoons of coconut milk (or plain yogurt)
 - 2 small chunks of fresh pineapple
 - Pinch or two of cinnamon
-

Nutrition

- Iron
- Potassium
- Vitamin C
- Helps prevent anemia

6 months +

Banana Coconut Baby Oats

Adapted from happyveggiekitchen.com

🕒 5 minutes

Instructions

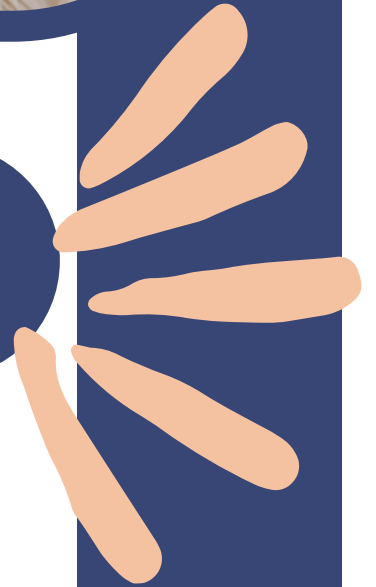
Step 1

Combine all ingredients in a food processor or baby food maker. Blend until smooth.



Mom Tip

Encourage your baby to explore new foods, themselves and the world around them.





Ingredients

- 1 cup of soaked red split lentils*
- 1 cup of minced baby kale
- 1 cup of grated sweet potato
- 2 cloves of garlic (minced)
- ¼ teaspoon of cumin
- ¼ teaspoon of sweet paprika
- 1 flax egg**
- ½ cup of gluten-free oats
- 2 tablespoons of extra virgin olive oil

*lentils should be soaked overnight in water

**1 Tablespoon of ground flax with

2 Tablespoons of unsweetened almond milk

Nutrition

Antioxidants

Fiber

Iron

Protein

6 months +

Sweet Potato Fritters with Kale and Lentils

Adapted from abbeyskitchen.com

🕒 10 minutes

Instructions

Step 1

Add the lentils, garlic, kale, sweet potato, cumin, paprika, and flax egg into a food processor. Pulse for 3-5 minutes until fully combined.

Step 2

Transfer the mixture to a bowl and stir in the oats. If you find the mixture is too wet to shape, add more oats 1 tablespoon at a time.

Step 3

Shape into long, finger-like "sticks" and place on a baking sheet lined with parchment paper.

Step 4

Heat the oil in a large nonstick skillet, and pan-fry on all sides until golden brown. Serve at room temperature.



Ingredients

- ¾ cup of orzo pasta
- 2 tablespoons of unsalted butter
- ¾ cup of butternut squash (peeled and finely diced)
- ½ cup of Piccolo cherry tomatoes (halved)
- 1 clove of garlic (crushed)
- ½ cup of unsalted vegetable stock
- ¼ cup of spinach (chopped)
- 1 tablespoon of basil (chopped)

Nutrition

- Calcium
- Potassium
- Vitamins C and E
- Good for bone health

6 months +

Piccolo Cherry Tomato, Squash & Spinach Orzo

Adapted from annabelkarmel.com

🕒 30 minutes

Instructions

Step 1

Cook the orzo in boiling water according to the packet instructions, then drain.

Step 2

Melt the butter in a saucepan. Add the squash and fry for 2 to 3 minutes. Add the tomatoes and garlic and stir over the heat for roughly 30 seconds. Add the stock. Cover and simmer for 10 minutes.

Step 3

Blend until smooth. Add the spinach and basil and stir until wilted. Add the orzo and stir through the sauce.



Ingredients

1 cup of canned, salt-free chickpeas (drained and rinsed)

2 Tablespoons of tahini

2 small cloves of garlic (minced)

2 tablespoons of lemon juice
Zest of 1 lemon

2 tablespoons of extra virgin olive oil

1 ¼ lb vegan ground beef

¼ teaspoon of pepper

¼ teaspoon of salt

Nutrition

Calcium

Iron

Potassium

Protein

Vitamin C

12 months +

Toddler Meatballs with Hummus

Adapted from abbeyskitchen.com

🕒 35 minutes

Instructions

Step 1

Preheat the oven to 400F and put a baking sheet into an oven to preheat.

Step 2

To make the hummus, puree the chickpeas, tahini, garlic, lemon juice, oil, and lemon zest in a blender or food processor until smooth.

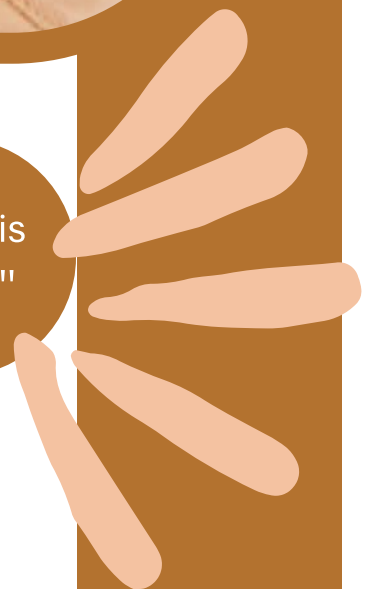
Step 3

To make the meatballs, mix the hummus with the ground beef, pepper, and salt. Roll into about 35-40 1-Tablespoon balls and place them on a greased baking sheet. Bake for 10 minutes, flipping halfway. Serve as is or drizzled with tahini and topped with sesame seeds.



Mom Tip

Your baby's ability to sit up for a few seconds at a time is a visible sign that they are ready to begin eating solids."





Ingredients

- 4 medium pears (chopped)
- ½ cup of apple sauce
- ½ cup of almond butter, cashew butter, or peanut butter
- 2 teaspoons of pure vanilla extract
- 2 teaspoons of ground cinnamon
- 1 teaspoon of ground ginger
- ½ teaspoon of ground cloves
- ½ teaspoon of salt
- ¾ cup of oat flour
- ½ cup of rolled oats
- ¾ teaspoon of baking powder

Nutrition

Protein

Vitamin C

12 months +

Pear Oat Bars

Adapted from happyhealthymama.com

🕒 35 minutes

Instructions

Step 1

Preheat your oven to 350F. Line a pan with parchment paper with overhang or aluminum foil and lightly oil the foil.

Step 2

Make a pear puree by blending 2 pears.

Step 3

In a medium bowl, mix 1 cup of pear puree, the apple sauce, nut butter, and vanilla. Stir in cinnamon, ginger, cloves, salt, flour, oats, and baking powder.

Step 4

Peel and dice the two remaining pears. Stir in the diced pears.

Step 5

Pour the mixture into the prepared pan. Bake in the preheated oven for 25-30 minutes. Allow to cool completely before cutting.



Baby's 1st Spinach Smoothie

Adapted from babyfoode.com

🕒 5 minutes

Instructions

Step 1

Place all of the ingredients and 1/2 cup of water into a blender.

Step 2

Blend the ingredients by using the smoothie function on your blender or high speed for at least 60 seconds. If the smoothie is too thick, add the additional water.

Step 3

Pour smoothie into a sippy cup and enjoy!

Ingredients

- ½ of a banana
- ¼ of avocado (peel removed)
- ¼ cup of spinach (packed)
- 1 cup of frozen mango
- 1 tablespoon of old-fashioned oats
- ¼ teaspoon of chia seeds
- ¼ cup of coconut milk
- 3-4 ice cubes
- ½-1 cup of water

Nutrition

- Fiber
- Iron
- Omega-3 Fatty Acids
- Potassium
- Protein
- Vitamin C

9 months +



Baby Green Puffs

Adapted from buonapappa.net

 35 minutes

Ingredients

1 tablespoon of coconut oil
2 tablespoons of flax seed
in 6 tablespoons of water
1 cup of kale
½ cup of apple sauce
½ cup of oat flour
1 teaspoon of baking powder

Nutrition

Folate

Protein

Vitamin C

Helps prevent anemia

12 months +

Instructions

Step 1

Add all of the ingredients into a food processor. Blend until smooth and creamy.

Step 2

Pour the mixture into a chef pastry bag or a simple plastic bag with a small hole and create tiny small dots on some parchment paper, the size you like.

Step 3

Bake at 350F for 10 minutes, reduce to 250F, and bake for an additional 30 min or until crisp.

Store in an airtight container for up to 1 week.



Mom Tip

Be patient with you and your baby as you explore new foods and textures together.





Ingredients

2 zucchinis

1 tablespoon of garlic purée (or two cloves finely chopped)

1 cup of mushrooms (sliced)

¼ head of cauliflower

1 vegetable stock cube

Nutrition

Potassium

Protein

Vitamin C

Iron

8 months +

Vegan Mushroom Alfredo

Adapted from theblwdad.com

🕒 35 minutes

Instructions

Step 1

Bring a pan of water to a boil, break the cauliflower into florets, and simmer until tender (about ten minutes).

Step 2

Make zucchini noodles using a spiralizer. If you don't have a spiralizer, use a vegetable peeler to cut ribbons of zucchini and stack these up. Cut these into thin strips using a sharp knife.

Step 3

Once the cauliflower is cooked, transfer it to a blender with a splash of the cooking liquid. Blend until smooth.

Step 4

In a non-stick pan, sauté the sliced mushrooms until browned. Add the garlic and continue to sauté for 1 minute. Add the zucchini to the pan and cook for 1-2 minutes.

Step 5

Pour in the cauliflower cream sauce, stir through and bring to a simmer. Serve and enjoy!



Ingredients

- 2 tablespoons of butter
 - 2 cups of onion (chopped)
 - ½ cup of basmati rice
 - 2 ½ cups of boiling water
 - ⅔ cup of butternut squash (chopped and peeled)
 - 3 ripe tomatoes (skinned, deseeded, and chopped)
 - ¼ cup of grated Cheddar cheese
-

Nutrition

- Potassium
- Protein
- Vitamins A and C

8 months +

Risotto Butternut Squash

Adapted from madeformums.com

🕒 25 minutes

Instructions

Step 1

Melt half the butter in a pan and sauté the onion until softened. Stir in the rice until well coated. Pour over the boiling water, cover, and cook for 8 minutes over high heat. Stir in the butternut squash, reduce the heat, and cover and cook for around 12 minutes or until the water has been absorbed.

Step 2

Melt the remaining butter in a small pan. Add the chopped tomatoes and sauté for 2 to 3 minutes. Stir in the cheese until melted.

Step 3

Stir the tomato and cheese mixture into the cooked rice and serve.



Ingredients

2 tablespoons of unsalted butter or dairy-free spread
½ an apple (peeled and finely diced)
⅓ cup of porridge oats
1 cup of calcium fortified almond milk
½ cup of blueberries

Nutrition

Antioxidants
Fiber
Potassium
Protein
Vitamins C and K

6 months +

Purple Porridge

Adapted from annabelkarmel.com

🕒 35 minutes

Instructions

Step 1

Melt the butter or dairy-free spread in a saucepan.

Step 2

Add the apple and sauté for 2 minutes.

Step 3

Add the remaining ingredients and stir over heat until bubbling and the blueberries have softened.

Step 4

Cool and Serve!



Chickpea & Red Pepper Couscous

Adapted from madeformums.com

 20 minutes

Ingredients

- 1 ¼ cup of low sodium vegetable stock
- 2 tablespoons of unsalted butter
- ½ cup of couscous (fixed according to package)
- 1 tablespoon of olive oil
- ½ cup of red pepper (chopped)
- ½ cup of chickpeas
- ¼ cup of onion (chopped)

Nutrition

Iron
Protein
Vitamin C

12 months +

Instructions

Step 1

Bring the stock to boil in a pan. Add the butter. Stir the couscous in with a fork and leave to one side for about 6 minutes.

Step 2

Place the chickpeas in a microwaveable bowl, cover with water, and microwave for 2 minutes.

Step 3

In a frying pan, heat the oil and fry the onion until soft. Add the peppers and chickpeas and cook for a further 4 minutes.

Step 4

Fluff up the couscous with a fork and stir in the vegetables. Allow to cool before serving.



Air Fryer Apple Chips

Adapted from [recipesfromapantry.com](https://www.recipesfromapantry.com)



30 minutes

Ingredients

1 apple
¼ teaspoon of ground
cinnamon
Pinch of salt

Nutrition

Protein
Vitamin C

12 months +

Instructions

Step 1

Preheat your air fryer to 350F.

Step 2

Thinly slice the apples using either a mandolin or a sharp knife. Add apples to a bowl and combine with cinnamon and salt.

Step 3

Transfer half of the spiced apple slices to the air fryer basket, arranging them in a single layer. Cook for 8-10 minutes, turning and flattening them at least 2 times during the cooking process.

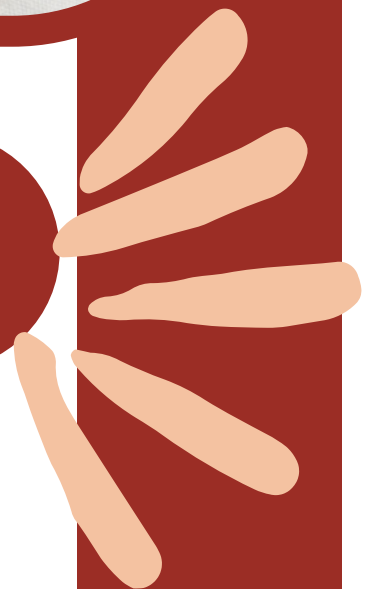
Step 4

Remove the cooked apples chips and then repeat with the rest of the apple slices.



Mom Tip

Try finger feeding. Some babies transition better by eating from your hands or by using their hands.





Recipes For Mama
Because your health matters too.



Mama's Vegan Milk Tonic Lactation Recipe

Adapted from shakticare.com

Cooking time: 8 hours

Ingredients

- ¼ cup of raw almonds
- 3 cups of warm water
- 1 teaspoon of ginger powder
- ½ teaspoon of fenugreek powder
- ½ teaspoon of cardamom powder
- ⅛ teaspoon of turmeric powder
- 2 dates (pitted)
- 1 tablespoon of maple syrup

Instructions

Step 1

Soak almonds overnight and peel.

Step 2

Add all the ingredients to a high-powered blender and blend on high for one minute or until well combined.

Make fresh daily, and drink warm for the first 40 days after birth.

Nutrition

Protein, Vitamin B6, Vitamin D, Magnesium, Calcium



Super Purple Lactation Smoothie

Adapted from health-foundations.com

Cooking time: 5 minutes

Ingredients

- 1 Large Banana
- 1 cup of Blueberries
- 1 cup of Strawberries
- 1 teaspoon of Flax Meal
- 1 teaspoon of Brewer's Yeast
- Drizzle of Honey
- Handful of Spinach
- 1 teaspoon of Plain Greek Yogurt

Instructions

Step 1

Combine all ingredients in your favorite blender, and blend until smooth.

Nutrition

Potassium, Vitamin C, Iron, Vitamin D, Vitamin K,

Fiber

37



Date and Oat Lactation Energy Bites

Adapted from detoxinista.com

Cooking time: 10 minutes

Ingredients

- 1 cup soft dates (pitted)*
- 1/3 cup of ground flax seed
- 1/3 cup of gluten-free rolled oats
- 6 tablespoons of creamy unsalted peanut butter (or nut butter of choice)
- 1/4 teaspoon of salt
- 1 teaspoon of vanilla extract

*Soak them in water for 10 minutes and drain well, if not soft and squishy already

Instructions

Step 1

In the bowl of a large food processor fitted with an s-blade, process the dates until a sticky ball is formed. Add in the flax, oats, peanut butter, salt, and vanilla and process again until finely ground and crumbly.

The mixture should stick together easily when pressed between your fingers. If the mixture doesn't stick together, try adding one tablespoon of water and process again.

Step 2

Use your hands to roll the dough into bite-sized balls, about 1 to 1 1/2 inches in diameter. Arrange them in a single layer on a plate or baking sheet, cover tightly, and store in the fridge or freezer until ready to serve.

Nutrition

Calcium, Carbohydrates, Fiber, Potassium, Protein, Vitamin C



Vegan Gluten-Free Lactation Cookies

Adapted from [allrecipes.com](https://www.allrecipes.com)

Cooking time: 30 minutes

Ingredients

- 1-15 ounce can of garbanzo beans (drained)
- ½ cup of peanut butter
- ¼ cup of packed brown sugar replacement
- 2 teaspoons of vanilla extract
- ⅛ teaspoon of salt
- ½ cup of chocolate chips (Optional)
- ½ cup of gluten-free rolled oats
- 1 tablespoon of ground flax seed meal
- 1 tablespoon of brewer's yeast

Instructions

Step 1

Preheat the oven to 350F. Grease a baking sheet.

Step 2

Blend garbanzo beans in a food processor until chopped into very small pieces; transfer to a large bowl and add peanut butter, brown sugar, vanilla extract, and salt. Stir the mixture until ingredients are incorporated into a dough-like substance. Fold chocolate chips, oats, flaxseed meal, and brewer's yeast into the bean mixture.

Step 3

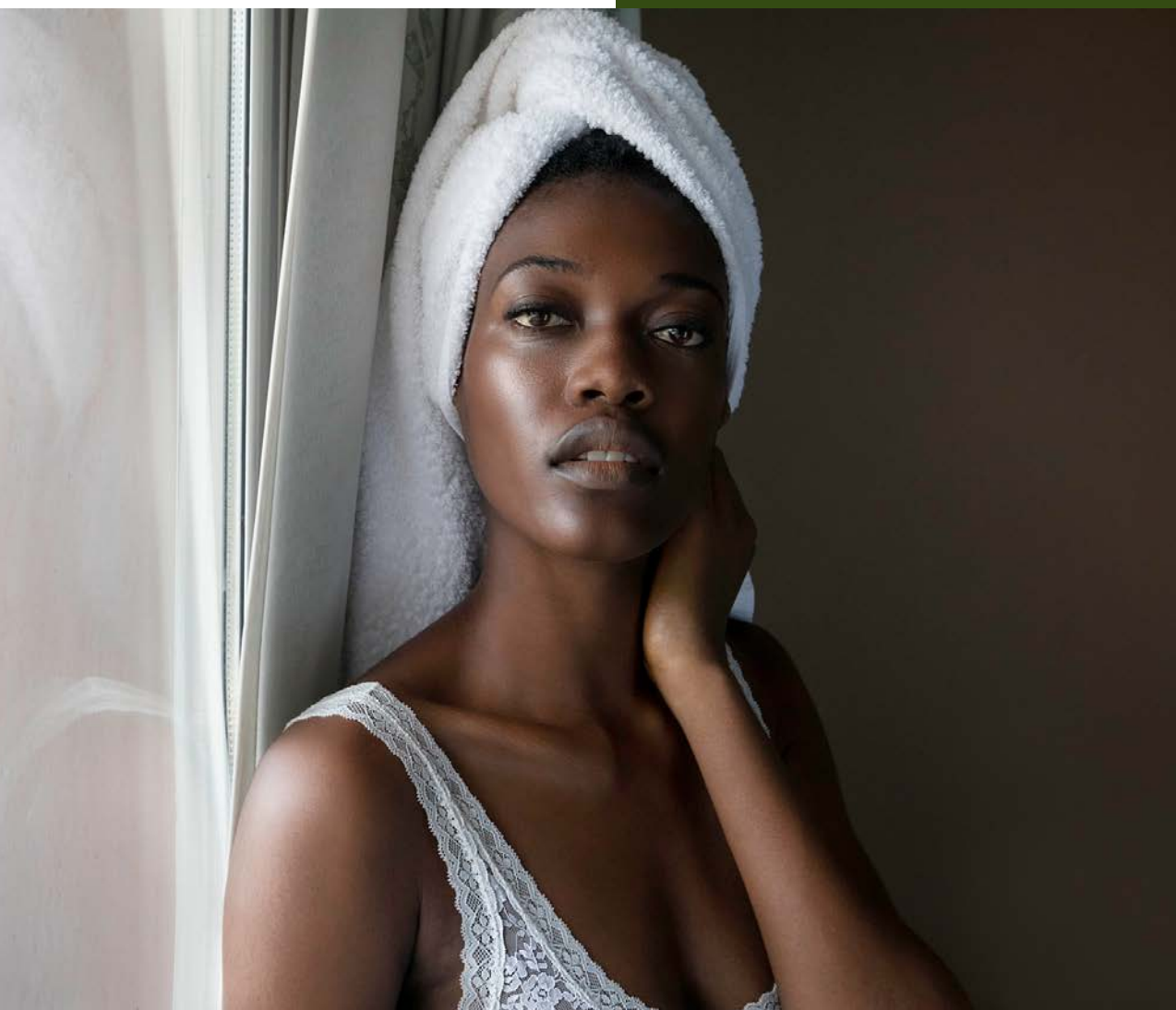
Drop rounded spoonfuls of the dough onto the prepared sheet. Flatten cookies somewhat with the back of a spoon.

Step 4

Bake in a preheated oven until browned (about 20 minutes).

Nutrition

Calcium, Fiber, Potassium, Protein, Vitamin D



You can take off your cape, relax,
and celebrate how you show up for
yourself and your family.
Sometimes being a superwoman is
allowing yourself to simply be.



Vegetarian Breakfast Burrito

Adapted from heynutritionlady.com

Cooking time: 30 minutes

Ingredients

Mission brand vegan protein
plant powered tortillas (based
on preference)

Just Egg Plant Based Egg
Alternative

1 zucchini (diced)

1 red pepper (diced)

1 small red onion (diced)

14 ounces of black beans

1 cup of vegan cheese

1 bunch of cilantro (chopped)

1 teaspoon of chili powder

½ teaspoon of ground cumin

½ teaspoon of smoked paprika

½ teaspoon of fine grain sea
salt

1 tablespoon of extra virgin olive
oil

Instructions

Step 1

Heat a large heavy-bottomed frying pan over medium heat. Add one teaspoon of extra virgin olive oil, and swirl to coat the bottom of the pan.

Step 2

Add the whisked eggs, and after you let the bottom start to set for a moment, use a silicone spatula to scrape along the bottom, pushing the egg from the edges towards the center of the pan. Once the eggs are medium-set in a scramble, season them with a bit of salt and pepper, and transfer them to a waiting plate.

Step 3

Return the same pan to the heat, and add one tablespoon of olive oil. Increase the heat to medium-high. Add the red onion and cook, stirring frequently, for about three minutes, until it starts to become translucent.

Nutrition

Calcium, Carbohydrates, Fiber, Iron, Potassium, Protein, Vitamins A and C



Vegetarian Breakfast Burrito (Cont.)

Instructions

Step 4

Add the zucchini and red pepper, and cook, stirring frequently, until the vegetables are bright in color and heated through, but still have a bit of crunch. This should take about 5 minutes. Add the chili pepper, cumin, smoked paprika, and salt, and stir to combine well.

Then, add the black beans, and stir to combine well.

Step 5

Push the vegetable and bean mixture to one side of the pan and return the scrambled eggs to the other side of the pan to rewarm slightly.

Step 6

Remove the pan from the heat.

Step 7

To assemble the burritos, place 1/6th of the egg, 1/6th of the vegetable mixture, a sprinkling of cheese, and a sprinkling of cilantro into the center of a large whole wheat tortilla. Fold the tortilla over the filling and tuck the ends in. Roll the rest of the way to finish the burrito. Repeat with remaining burritos.



Mung Bean Soup: Nourishing Mother After Birth

Adapted from shakticare.com

Cooking time: 2 hours

Ingredients

- 6 cups of water
- ¾ cups of split peeled mung beans
- 2-inch piece of freshly grated ginger
(or 1 teaspoon dried ginger)
- 2 cloves of garlic (minced)
- 2 teaspoons of powdered cumin
- 1 ½ teaspoon of garam masala
- ½ teaspoon of turmeric
- 4 tablespoons of ghee or sesame oil
- 1 tablespoon of raw sugar
- ⅛ teaspoon of cayenne (optional)
- 2" piece cinnamon stick
- 1 tablespoon of tamarind paste
(optional)

Instructions

Step 1

Soak split peeled mung beans for at least 1 hour. Drain.

Step 2

Add ghee to a heavy-bottomed saucepan and turn on medium heat.

Step 3

Add garlic and allow to lightly brown. Add cumin, garam masala, and cinnamon stick and fry 30 seconds more. Add fresh grated ginger, sugar, and cayenne. When the mix begins to caramelize and turn a reddish-brown color, add the mung beans and stir-fry for one minute.

Step 4

Add the water, turmeric, and (optional) tamarind. Bring to a boil and reduce heat to a simmer. Allow to cook for 2 hours.

This dish is easily digestible and gives strength to recovering mothers

Nutrition

Calcium, Iron, Magnesium, Vitamins B6, C, and D



Vegan Minestrone Soup

Adapted from baumassfoods.com

Cooking time: 50 minutes

Ingredients

- 1 cup of chopped carrot
- 2 tablespoons of olive oil
- 2 teaspoons of dried oregano
- 2 teaspoons of dried thyme
- 2 teaspoons of dried basil
- 1 tablespoon of minced garlic
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- 3 cups of diced butternut squash
- 8 cups of vegetable broth
- 1-15 ounce can of diced tomatoes
- 1-15oz can of cannellini beans, *drained + rinsed*
- 2 cups of dried ditalini pasta
- 1 cups of chopped parsley, *for topping*

Instructions

Step 1

In a large soup pot, heat the oil over medium-low heat. Once warm, add the celery, onion, and carrot and sauté until fragrant.

Step 2

Add the butternut squash and continue to cook for about 3-5 minutes, or until the squash is slightly tender. Add the oregano, thyme, basil, garlic, salt, and pepper. Stir around to incorporate for 1-2 minutes.

Step 3

Pour the can of tomatoes (with tomato liquid), vegetable broth, and beans into the pot. Stir and bring to a simmer. Continue to cook on low, stirring occasionally for an additional 20-30 minutes.

Step 4

Meanwhile, in a separate pot, bring the dried pasta to a boil. Cook until al dente, then drain and set aside until ready to serve.

Step 5

To serve, ladle the soup into your bowl, add in pasta, and top with a generous amount of fresh parsley.

Nutrition

Calcium, Iron, Magnesium, Potassium, Vitamin C



Take a break from technology,
quiet the world around you and
enjoy the simple pleasures of
life.



Berries and Cream Oatmeal

Adapted from tiffanieanne.com

Cooking time: 30 minutes

Ingredients

- 2 cups of steel cut oats
- 4 ½ cups water
- 1-inch of fresh ginger (or 2 frozen ginger cubes from Trader Joe's)
- 2 tablespoons of chia seeds
- 1 tablespoon of flax seed
- 1 tablespoon of Brewer's Yeast

Instructions

Step 1

In a large pot, bring 4.5 cups of water to boil at medium-high heat.

Step 2

Add your steel oats and ginger. Reduce heat to medium, and continue to let the steel oats cook for approximately 15 minutes. It is important to not allow the water to over boil.

Step 3

After 15 minutes, add chia seeds. *For breastfeeding moms: This is when you add the Flax seeds and Brewer's Yeast.* Allow steel oats and the dry ingredients to cook for another 15 minutes.

Step 4

Once the dry ingredients and steel oats are soft, remove them from the stovetop and place them in separate bowls.



Nutrition

Calcium, Iron, Protein, Vitamins C and D



Berries and Cream Oatmeal (Cont.)

Adapted from Tiffanieanne.com

Cooking time: 30 minutes

Ingredients

*For the berries and cream
topping*

1 cup of coconut cream

2 Tablespoons of coconut
oil (or vegan butter)

¼ cup of maple syrup

fresh strawberries
(according to preference)

fresh blueberries
(according to preference)

Instructions

Step 1

If your coconut oil is in solid form, feel free to place it in a different pot or pan on low heat to melt it.

Step 2

Once the coconut oil is melted in liquid form, mix it with all the other topping ingredients in a bowl.

Step 3

Once it is all mixed, add it to the top of your steel oats in separate bowls. (NOT in the steel oats pot.)

Step 4

Then add your fresh berries

*This recipe naturally helps with digestion, recovery,
soothes muscles*

Nutrition

Calcium, Iron, Protein, Vitamins C and D



One-Pot Teriyaki Tofu and Rice

Adapted from mydarlingvegan.com

Cooking time: 30 minutes

Ingredients

- 1 tablespoon of olive oil
- 14 ounces of extra-firm tofu (pressed and cut into ½" cubes)
- ¼ teaspoon of salt
- 3 cloves of garlic (minced)
- 1 tablespoon of ginger (peeled and grated)
- 1 cup of white rice
- 1 cup of broccoli (chopped)
- 1 cup of carrots (thinly sliced)
- ½ red bell pepper (seeded and chopped)
- ½ cup of soy sauce
- ¼ cup of maple syrup
- ¼ cup of pineapple juice
- 1-2 teaspoons of Sriracha or spiced chili sauce
- 1 tablespoon of cornstarch
- 2 green onions

Instructions

Step 1

In a large skillet, heat olive oil over medium heat. Add cubed tofu and sauté for 5-7 minutes, stirring occasionally, until the tofu is lightly brown on all sides. Stir in the garlic and ginger and sauté for 30 seconds.

Step 2

Add the rice along with 2 cups of water. Bring to a boil, cover, and reduce heat to low. Simmer for 20 minutes until all the water has been absorbed.

Step 3

Chop the vegetables. In a liquid measuring cup, combine soy sauce, maple syrup, pineapple juice, and chili sauce. In a small bowl, make a slurry with a tablespoon of cornstarch and ¼ cup of water.

Step 4

Once the rice is done, stir in vegetables. Pour the sauce over the rice mixture. Add the cornstarch slurry and increase the heat to medium-high, bringing the sauce to a light boil. Stir until the sauce thickens. Remove from heat. Serve with extra hot sauce and chopped green onions.

Nutrition

Healthy Fats and Protein



Postpartum Powerhouse Salad

Adapted from honestcooking.com

Cooking time: 10 minutes

Ingredients

**Amounts for each ingredient is based on personal preference.*

Spinach leaves

Chickpeas

Red Onion

Vegan cheese crumbles

Salt and pepper

Olive oil

Balsamic Vinaigrette

Instructions

Step 1

Layer a large bowl with cleaned spinach leaves.

Step 2

Drain and rinse the chickpeas and add them to the bowl of spinach. Toss with salt, pepper, and olive oil.

Step 3

Add in a few slices of red onion. Crumble vegan cheese over the salad. Finish with balsamic dressing and more salt and pepper.

This recipe is good for energy, blood sugar regulation, and bone health

Nutrition

Iron, Potassium, Vitamins A, C, and K



Vegan Lactation Smoothie

Adapted from [makingofmom.com](https://www.makingofmom.com)

Cooking time: 5 minutes

Ingredients

1 cup of non-dairy milk
1 tablespoon of flax meal
1 frozen banana (sliced)
1/3 cup of rolled oats
1 teaspoon of coconut oil
1 tablespoon of cocoa powder
2 tablespoons of almond butter
a pinch of salt
1 tablespoon of debittered Brewer's Yeast (optional)
extra ice (optional)

Instructions

Add all ingredients into a high-powered blender and blend for 1 minute. Pour into a glass and enjoy.

This recipe aids in digestive health

Nutrition

Fiber, Potassium, Minerals



Chocolate Peanut Butter Muffins

Adapted from thebakingchocolatess.com

Cooking time: 30 minutes

Ingredients

- ¾ cup of unsweetened applesauce (mashed banana can be subbed)
- ¼ cup of sugar-free maple syrup
- ⅓ cup of coconut or brown sugar
- ½ cup of peanut butter or any nut butter
- ¼ teaspoon of salt
- 1 ½ teaspoon of baking soda
- ½ cup of unsweetened almond milk
- ½ cup of unsweetened cocoa powder
- 1 ⅓ cups of whole wheat flour
- ½ cup of semisweet or chocolate dairy-free chocolate chips
- Peanut Butter Drizzle
 - ⅓ cup of creamy peanut butter
 - ½ teaspoon of maple syrup or Peanut butter chips

Instructions

Step 1

Preheat your oven to 375F and line a muffin pan with paper liners, or spray with non-stick spray.

Step 2

In a large bowl, whisk together the applesauce, maple syrup, peanut butter, brown sugar, baking soda, and salt for 45 seconds. Stir in the almond milk and whisk once more.

Step 3

Sift cocoa powder and flour over wet ingredients and stir with a spoon or spatula until just combined. Fold in ½ cup chocolate chips. The batter should be quite thick.

Step 4

Add the batter to the muffin tins and fill ¾ full. Bake for 17-22 minutes. Let cool for a few minutes, remove from tins and let cool on a cooling rack.

Step 5

For the peanut butter drizzle, put the peanut butter into a microwavable dish for 20 seconds and microwave on high. Add maple syrup, stir together, and scoop into a ziplock bag. Snip the corner of the bag and drizzle the peanut butter mixture on top of the muffins in a zig-zag motion.

Nutrition

Calcium, Fiber, Iron, Protein, Vitamin C



Living a healthy lifestyle is a form of self care. Tend to you- your mind, body and soul often.



May you be well.



Take time and determine what meals, exercises, practices and rituals work best for you and your family. Now you have the tools, resources and support to build your tool kit and determine what it means for you, your baby and your family to be healthy. Choose well.



Thank you for allowing Black Women for Wellness to be a part of your journey.

