

DOULA CANADA  
PRESENTS

# LOVING LACTATION

RECIPE BOX



A RECIPE  
COLLECTION

THAT SUPPORTS MILK PRODUCTION  
AND POSTPARTUM NOURISHMENT

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# *Hi there!*

## WELCOME TO THIS RECIPE BOX!

It makes perfect sense that staying well hydrated and nourished is the foundation of setting yourself up for lactation success. It also makes perfect sense that staying well nourished right after you have a baby is really hard!

These simple recipe ideas are offered to inspire healthy postpartum eating. Each recipe includes a few ingredients that may help lactating parents get those juices flowing.

Lactation-supporting ingredients are highlighted. While there isn't evidence-based research to support each food or herb, they each have a long anecdotal track record.

Most of these meal and snack ideas can be frozen. Dropping off a prepared, freezable meal is also a great way to show love to postpartum family, friends, or clients in your life.

Happy eating, nursing, and family growing!

Much love,

*The Doula Canada Team*





## Granola Bites

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24 bites



20 minutes



Vegetarian, gluten free

### INGREDIENTS

- 100 ml milk
- 50 g butter
- 1½ packed cup/205 grams pitted, stemmed Medjool **dates**
- 1 cup/140 grams roasted, salted **almonds**
- ¼cup/60 milliliters maple syrup
- 1 teaspoon pure vanilla extract
- ½ teaspoon kosher salt
- ½ cup/75 grams dried cranberries
- ½ cup/45 grams old-fashioned **oats** (*gluten-free if needed*)
- ½ cup/70 grams raw shelled **sunflower seeds**
- ⅓ cup/35 grams unsweetened finely shredded **coconut**

### NOTES

*The balls can be refrigerated in the airtight container for up to 1 week.*

### DIRECTIONS

1. Line a work surface or baking sheet with parchment or wax paper.
2. Pulse dates, almonds, maple syrup, vanilla and salt in a food processor until the mixture forms big sticky clumps. You want chunks of nuts left. Pulse in cherries, oats and sunflower seeds, scraping the bowl occasionally, until the mixture forms a shaggy mass around the blade.
3. Put the coconut in a shallow dish. Use a 1-ounce (1½-tablespoon) cookie scoop or a heaping tablespoon to scoop the mixture into about 24 mounds and place on the parchment paper. Roll the scoops into balls.
4. Roll each ball in the coconut to coat completely, then transfer to an airtight container. Sprinkle any leftover coconut over the balls. Refrigerate until ready to eat.





# *Oatmeal Flax Blueberry Muffins*

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12 muffins



30 minutes



Vegetarian

## INGREDIENTS

- 1/2 cup rolled **oats** or old fashioned oatmeal
- 1/2 cup buttermilk (or regular milk + 1 teaspoon vinegar)
- 1 1/2 tablespoons salted butter, melted
- 1 egg
- 1/3 cup brown sugar
- 1/2 teaspoon vanilla
- 1/2 cup + 1 tablespoon flour
- 1 heaping tablespoon ground **flax meal**
- 2 tablespoons **brewer's yeast**
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup fresh blueberries

## NOTES

*Muffins make great freezer snacks.*

## DIRECTIONS

1. Preheat the oven to 375 degrees. If you're not using paper liners, grease a muffin tin with butter and dust it with flour, shaking off the excess.
2. Combine the oats and buttermilk in a mixing bowl. Let the oats soak for 15-20 minutes. Add the melted butter, egg, brown sugar, and vanilla. Stir by hand until just combined.
3. Add the flour, flaxmeal, baking powder, brewer's yeast, baking soda, and salt. Stir again until evenly moistened.
4. Before adding the blueberries, scoop a spoonful of batter into each muffin tin. This provides a nice solid base and prevents the blueberries from sinking to the bottom of the muffins. Gently fold the blueberries into the remaining batter and divide evenly between the muffin tins. Place 2-3 additional blueberries at the very top center of each muffin, for presentation
5. Bake muffins for 13-15 minutes, or until golden brown.



# Spinach & Fennel Soup



4 servings



35 minutes



Vegetarian, Gluten free

## INGREDIENTS

- 1½ tablespoons olive oil
- 16 cups spinach leaves, stemmed, washed and torn
- 1 medium onion, peeled and chopped
- 1 large **fennel** bulb, trimmed and thinly sliced
- 1½ cups chicken broth, homemade or low-sodium canned
- 5 cloves roasted garlic, peeled
- ½ cup milk
- 1/3 cup plus 4 teaspoons plain yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon **coriander**
- 1/2 tablespoon **cumin**
- 1½ teaspoons salt
- Freshly ground pepper to taste

## DIRECTIONS

1. Heat 1 tablespoon of oil in a large pot over medium heat. Toss in the spinach, stir a few times, cover and steam for 5 minutes. Set aside.
2. Heat tablespoon of oil in a large, nonstick skillet over medium-high heat. Add the onion and cook until soft, about 5 minutes. Add the fennel and cook, stirring often, until lightly browned, about 7 minutes. Add 1½ cup of broth, lower heat and cook until fennel is tender, about 10 minutes.
3. Coarsely puree the spinach, fennel mixture and roasted garlic in a food processor. Scrape into a large saucepan and stir in the remaining broth, the milk and 1 cup of yogurt, and spices. Place over medium heat until hot. Stir in the lemon juice, salt and pepper. Divide among 4 bowls and top with a teaspoon of yogurt. Serve immediately.

## NOTES

*Add fennel seeds to this recipe for an extra lactation boost.*



# Coconut Oat Pilaf

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4 servings



30 minutes



Vegan, Gluten free

## INGREDIENTS

- 2 tablespoons **sesame seed** oil
- 1½ cups steel-cut **oats** (not rolled), rinsed and drained (*gluten-free if needed*)
- 1 tablespoon minced or grated **ginger**
- 1 tablespoon **cumin** seeds
- ½ tablespoon **fenugreek** seeds
- Salt
- freshly ground black pepper
- ½ cup grated dried unsweetened coconut
- ½ cup chopped fresh cilantro, mint, scallions or parsley, or a combination

## DIRECTIONS

1. Put oil in a pot with a tight-fitting lid over medium-high heat. When oil is hot or butter melts, add oats and ginger and stir until coated. Add spices and a pinch each of salt and pepper; stir until fragrant, just a minute or two.
2. Stir in 2½ cups water, bring to a boil, and reduce heat so mixture gently bubbles. Cook undisturbed, until most of the water has been absorbed and holes begin to appear on surface, 5 to 7 minutes. Cover, remove from heat, and let sit for at least 10 (or up to 20) minutes.
3. Meanwhile, toast coconut in a skillet over medium-low heat, shaking pan and stirring until it is toasted and fragrant, several minutes (watch carefully that it does not burn). Toss coconut and cilantro into oats, fluffing mixture with a fork. Taste and adjust seasoning if necessary and serve hot or at room temperature.





# Arugula & Barley Salad

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4 servings



30 minutes



Vegan, Gluten free

## INGREDIENTS

- ½cup pearl barley (free of husk)
- Salt and pepper
- ¼cup extra virgin olive oil, more for tossing
- 3 cups coarsely arugula, washed and dried
- Juice of 2 or 3 lemons

## NOTES

*All dark leafy greens are good for supply. Feel free to substitute with any of your favourites.*

*You can season this salad with herbs and spices like lemon balm, cumin, coriander, fennel, dill seeds, and fenugreek to support lactation.*

## DIRECTIONS

1. Cook barley in enough boiling salted water to cover, until swollen and barely tender, about 20 minutes. Drain, rinse briefly in cool water, and set aside. If you like, you can toss barley with a tablespoon or so of olive oil, and refrigerate for several hours.
2. When ready to serve, arugula with barley. Stir in olive oil and lemon juice, then add salt and pepper to taste. Adjust seasoning as necessary, and serve.



# *Bean & Potato Stew*



6-8 servings



60 minutes



Vegan, Gluten free

## INGREDIENTS

- 2 tablespoons olive oil
- 1 large red onion, coarsely chopped
- Salt and black pepper
- 5 large garlic cloves, coarsely chopped
- 3 tablespoons **ginger** paste
- 2 cups **hoppy beer**
- 1 cup vegetable broth
- 2 tablespoons soy sauce
- 1 teaspoon honey or dark brown sugar
- 1 pound baby gold or fingerling potatoes, large ones halved
- 1 (15-ounce) can cannellini or butter **beans**, rinsed
- 1 large bunch Tuscan **kale**, stems and leaves chopped (6 packed cups)
- Cooked white rice, for serving
- Sour cream and chopped flat-leaf parsley (both optional), for serving

## DIRECTIONS

1. Heat a large pot or Dutch oven over medium-high. Heat the oil and add the onion. Season with salt and pepper. Cook, stirring occasionally, until the onion starts to soften, 2 to 3 minutes. Add the garlic and ginger, and stir until heated through and fragrant, just a few seconds.
2. Stir in the beer, vegetable broth, soy sauce, honey, potatoes and beans. Season with salt and pepper. Bring to a boil over high, then reduce the heat to medium-low to maintain a gentle boil. Cover and cook for 10 minutes, then add the kale. (It will seem like a lot at first but will wilt down considerably.) Tamping down the kale, continue gently boiling the covered stew, stirring occasionally, until the potatoes are tender and the broth is thickened to your liking, 10 to 20 minutes. Taste the broth and add more salt, pepper, and ginger as desired.
3. Serve the stew alongside white rice and, top with a dollop of sour cream and a sprinkle of parsley, if using.