



Pregnancy Lovin' Recipes

Everything-in-a-Cracker Crackers

In the first trimester, women will sometimes find themselves unable to keep down anything more than water and crackers. This homemade cracker can help to ensure that, if you are one of those women, you remain as well nourished as possible – with crackers!

This cracker is also GREAT when eaten with homemade hummus.

Ingredients:

- 1/3 cup lentils
- 1/3 cup whole buckwheat groats
- 1/3 cup sunflower or pumpkin seeds
- 1/4 cup sesame seeds
- 1/4 cup flaxseeds

Directions:

- In a large bowl, place lentils, buckwheat, and seeds. Fill the bowl with water and let soak overnight.
- The next day, Preheat your oven to 250°F. Line a large baking sheet with parchment paper. Drain the bowl of seeds, reserving the liquid from the soak. Place soaked seeds in blender with just enough of the soak water to allow mixture to puree. Blend until smooth. Spread mixture on prepared baking sheet about 1/4 inch thick. Bake for an hour or two. When mixture is stiff enough, remove the wafer with parchment paper from baking sheet and place it directly on oven rack. Bake until crispy (about 4 to 7 more hours). Break into pieces.
- Eat plain, with nut or seed butter, cheese, hummus, or cucumber yogurt sauce.

Makes about 2 1/2 dozen

What this recipe contains: protein, omega-3, vitamins, and minerals

Right Direction Muffins

During pregnancy, some women can find that their blood sugar is low in the morning hours after a night-long fast, or they might experience nausea. In the 2nd and 3rd trimesters, it is not unusual for a woman to experience constipation. This muffin recipe gives women the benefits of a healthy and nutritious, flavorful breakfast or snack, while also providing the added benefits of a natural laxative. Finally, it has the ability to possibly lower bothersome high blood pressure.

Ingredients:

- Olive oil spray
- 3 1/2 cups *All-Bran* cereal or substitute an organic Bran cereal of your choice
- 1 cup boiling water
- 1/4 cup coconut oil
- 1 egg
- 3/4 cups raw sugar
- 1 cup full fat milk
- 1 tsp lemon juice
- 1 1/4 cups wheat flour
- 1 1/4 tsp baking soda

- 1/4 tsp sea salt
- 1/2 tsp ginger, ground
- 1/4-1/2 cup *Ginger People* crystallized (or dried) ginger
- 1/2 cup cranberries, dried
- 1/2 cup walnuts or almonds, chopped

Directions:

- Mix the lemon juice into the milk and allow to stand at room temperature for 10 minutes. While it is standing, pre-heat the oven to 400°F and Spray a 12 cup muffin tin with olive oil or line with paper cups.
- Place cereal in a bowl and pour over the boiling water, then set aside without stirring.
- Whisk the coconut oil and sugar together in a bowl, add the milk and egg and whisk again.
- Add flour, baking soda, salt, ground ginger and whisk well until combined.
- Add the cereal, cranberries, walnuts & candied ginger and mix well, then allow the batter to sit at room temperature for 10 minutes
- Divide the batter evenly amongst the cups and bake for 20 minutes or until a metal skewer inserted into the center comes out clean.
- Transfer to a rack and allow to cool completely before storing... or eat warm.

What this recipe contains: fiber, probiotics, antioxidants, protein, Vitamin C, Vitamin B, Magnesium, Omega-3, Vitamin E, riboflavin, phosphorus, protein, and carbohydrates, calcium, Vitamin K, Manganese, potassium, copper, and Vitamin B6

Labor-Aid Drink

This is a great drink that has been passed around the midwife and doula spheres of influence for quite a few years. When doing hard physical work and sweating, like a woman does in labor, it's important to maintain your electrolyte level for proper cell function and for energy. This wonderful drink does all of that without the added corn syrup or sky-high sodium levels of store bought energy drinks.

Ingredients:

- 1/3 cup fresh lemon juice
- 1/3 cup honey (or to taste)
- 1/4 tsp sea salt
- 2 calcium/magnesium tablets, crushed
- water to make 4 cups

Directions:

- Combine all in a jug or jar and shake well to mix. Refrigerate until used.

What this recipe contains: calcium, magnesium, electrolytes, natural sugars, Vitamin C, Vitamin B, riboflavin, phosphorus, protein, and carbohydrates

Spinach and Cheese soup

This recipe is a simple yet satisfying meal. You can serve it with almond crisp crackers or stir in some protein (hard boiled eggs are great with this soup) to make it a high-protein meal. A bowl will help replenish many of the vitamins and minerals that our pregnant bodies need.

Ingredients:

- 2 1/2 cups spinach, chopped
- 1/2 cup cottage cheese, drained
- 1/2 cup onion, chopped

- 1 tsp olive oil
- salt to taste

Directions:

- Heat the oil and sauté the onion for 2 to 3 minutes.
- Add the spinach and sauté for another 4 to 5 minutes.
- Blend the onion and spinach with 4 cups of water in a blender till it is a smooth purée.
- Add the drained cottage cheese and salt to the purée and bring it to a boil.
- Serve immediately with your favorite crackers, a handful of your favorite protein, a hard boiled egg, or some nuts.

What this recipe contains: folic acid, iron, fiber, protein, calcium, chromium, Vitamin C, manganese, Vitamin B6, potassium, phosphorus, copper, Vitamin K, Vitamin A, magnesium, Vitamin B2, Vitamin E, Vitamin B1, Omega-3, Vitamin B3

Cheesy Vegetable Pasta

Everyone likes comfort food. This takes your old-fashioned spaghetti to the next level with its power-packed vitamin-rich ingredients. Feel free to add meatballs for 'added effect', but it is a delightful vegetarian meal.

Ingredients:

- 2 cups cooked pasta (penne or fusilli)
- 1 onion, sliced
- 1 tablespoon celery, chopped
- 1/2 cup capsicum, sliced
- 1 cup boiled vegetables (carrots, kale, broccoli, red pepper etc.), diced
- 3/4 cup milk
- 1/2 cup grated sharp cheddar cheese
- 1/2 tsp of your favorite dried mixed herbs (I like basil, oregano, cumin, and rosemary)
- 1 tsp butter
- salt and pepper to taste

Directions:

- Heat the butter in a pan and sauté the onion, celery and capsicum for 2 minutes.
- Add the milk and cheese SLOWLY and bring to a boil.
- Add the vegetables, mixed herbs, salt and pepper and mix well.
- Toss the cooked pasta in the sauce and bring to a boil.
- Serve hot with a side salad or fruit salad

What this recipe contains: folic acid, iron, fiber, protein, calcium, chromium, Vitamin C, manganese, Vitamin B6, potassium, phosphorus, copper, Vitamin K, Vitamin A, magnesium, Vitamin B2, Vitamin E, Vitamin B1, Omega-3, Vitamin B3

Perky Pregnancy Salad

Mmmm! Who doesn't like a nice, sweet, cool salad on a hot day? And this one packs a great pick me up for the middle of the day when pregnancy weight, heart palpitations, edema, and low blood sugar all have you dragging.

Ingredients:

- 1 1/2 cups cauliflower florets
- 4 dates, chopped

- 1 banana, sliced
- 1 orange, segmented
- 2 unpeeled red apples, cut into cubes
- juice of 1/2 lemon
- 1/2 tsp grated lemon rind
- 1/2 tablespoon oil
- 1/2 tablespoon vinegar
- salt and pepper to taste

For the orange dressing:

- 1/3 cup thick (Greek style) yogurt
- 4 tsp orange juice
- 1/2 tsp mustard powder
- 1/2 tsp powdered sugar
- a pinch salt

Directions:

- For the orange dressing, whisk all the ingredients together and chill.
- Steam the cauliflower florets for 5 minutes. Cool.
- Combine the oil, vinegar, salt and pepper. Marinate the cauliflower in this mixture for at least 1 hour.
- Combine all the other ingredients in the bowl and chill. Serve chilled with orange dressing. Top with your favorite nut, some firm tofu, cold-soaked beans, or legumes for a complete meal.

What this recipe contains: Iron, vitamin B1, B2, B3, B5, and B6, vitamin A1, Vitamin C, Potassium, and fructose, calcium, Fiber, protein, Vitamin B6, amino acids, copper, iron, magnesium, manganese, and phosphorous, 31C, and sulfhoraphane, and folic acid.

Pat-a-Cake Banana Cakes

This is a sinfully sweet, better-than-boxed version of Saturday morning brunch pancakes.

Ingredients:

- 1 cup oatmeal, ground in a food processor
- 2 tablespoons wheat bran
- 2 tablespoons flax seed, processed well in the food processor
- 2 ripe bananas
- 1/2 cup walnuts, finely chopped
- 1/2 cup milk
- 4 tablespoons castor sugar
- 1/2 tsp vanilla essence
- 1/2 tsp baking powder
- 1 tablespoon melted butter

Directions:

- Mash 1 banana and slice the other one.
- Combine all the ingredients except the sliced banana in a bowl with approximately 1/2 cup of water. Mix well to make a smooth batter, make sure that no lumps remain. Put aside.
- Heat your griddle, spread about 3 to 4 tablespoons (1/4 cup) of the batter to make a thick pancake about 4".
- Place a few slices of bananas on top.
- Cook the pancake over a medium heat, flipping when golden on one side, using a little butter to cook both sides.
- Repeat the same for the remaining batter to make 3 more pancakes.

- Serve hot with honey or jam and bananas.

Yields 4 pancakes

What this recipe contains: Calcium, potassium, protein, Vitamin B-complex, Vitamin A, fiber, Omega-3, manganese, magnesium, copper, phosphorus

Hot Vegetarian Salad

An easy, fast meal that satisfies a plethora of cravings. This pungent meal satisfies and fortifies, and can be paired with a whole wheat pasta if preferred.

Ingredients:

- 1 cup capsicum, cut into thin strips
- 1 cup cottage cheese, drained well
- 1 spring onion, sliced
- 1/2 cup baby corn, sliced
- 1/2 cucumber, sliced
- 1/2 cup broccoli florets
- 1/4 cup bean sprouts
- 1 small tomato, deseeded and sliced
- 1 tsp onion seeds
- 1 tsp olive oil
- salt to taste

Directions:

- Heat the oil and add the onion seeds.
- Add all the vegetables and salt and sauté on a high flame till the vegetables are tender.
- Add the cottage cheese and sauté for another minute.
- Remove from the flame and serve immediately.

What this recipe contains: fiber, iron, vitamin C, vitamin A, calcium, omega-3, potassium, magnesium, manganese, folate, Vitamin K, Vitamin B-complex, phosphorus, protein, zinc, Vitamin E, chromium.

Easy Breakfast Bowl

On a time crunch? Don't forget to eat a healthy meal that will give you both fast and slow burning energy, as well as nourish that little one that you are growing.

Ingredients:

- Banana
- Mandarin Orange
- Walnuts
- Flax seed
- Almond milk
- Blueberries
- Honey

Directions:

- Toss all of the fruits with the nuts and seeds.
- Drizzle with honey and almond milk.

What this recipe contains: omega-3, manganese, fiber, magnesium, folate, copper, phosphorus, B-vitamin complex, Vitamin C, calcium, protein, potassium, manganese, Vitamin A, Vitamin E, and copper.

Honey Pudding

Everyone needs a midday indulgence one in awhile. This sweet and satisfying snack is also remarkably healthy.

Ingredients:

- 3/4 cup chopped pitted dates
- 3 cups low-fat milk
- 1/4 cup honey
- 1 cinnamon stick
- 1 tsp freshly grated orange zest
- 1 cup plain or whole-wheat couscous
- 1 tsp vanilla extract
- Ground cinnamon for dusting pudding
- 2 tablespoons chopped raw almonds

Directions:

- Put dates in a small bowl. Add boiling water to cover. Cover the bowl and set aside.
- Heat milk, honey, cinnamon stick and orange zest in a saucepan over medium-high heat until nearly simmering. Stir in couscous and vanilla, remove from the heat and cover. Let stand until most of the milk has been absorbed, about 20 minutes. Remove the cinnamon stick.
- Drain the dates and stir them into the couscous. To serve, spoon into bowls and sprinkle with ground cinnamon and almonds.

What this recipe contains: Calcium,

The Dinner Omelet

Breakfast for dinner never looked better! This is one variation, but you can fill your omelet with any vegetable combination that you want! In fact, eggplant and pineapple omelets sound like a great combination to encourage labor.

Ingredients:

- 10 stalks asparagus, trimmed and chopped
- 1/4 cup plus 1 tablespoon water, divided
- 2 slices Canadian bacon, diced (1 ounce)
- 1 tsp olive oil
- 3 large eggs, beaten well
- 1/4 cup shredded reduced-fat Cheddar cheese
- 1/8 tsp salt
- 1/8 tsp freshly ground pepper

Directions:

- Bring asparagus and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat.
- Cover and cook until the asparagus is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes.
- Add Canadian bacon and oil to the pan and stir to coat.
- Pour in egg, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking,

lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.

- Sprinkle cheese, salt and pepper over the omelet. Lift up an edge of the omelet and drizzle the remaining 1 tablespoon water under it.
- Cover, reduce heat to low and cook until the egg is completely set and the cheese is melted, about 2 minutes.
- Fold over using the spatula and serve.
- For variations, try spinach or collards with diced tomatoes and mushrooms

What this recipe contains: Protein, carbohydrates, fiber, Vitamin A, Folate, Selenium, Iron, Calcium, Potassium & Vitamin C.

Green Smoothies

Everyone now knows the power of the green smoothie. Pregnancy is a great time to take advantage of this powerhouse of green goodness. Not only does it taste great, but it is fast, easy, refreshing, healthy, and filling.

Ingredients:

- Greek yogurt (or, for a dairy substitute, use coconut or almond milk)
- 1 large handful of green leaves, with the stems removed (spinach, kale, swiss chard, collards, mustard greens, turnips, etc.)
- 1 cup fresh berries (raspberries, blueberry, strawberries)
- 1 banana
- 1 tablespoon honey
- water

Directions:

- Combine all in a blender in the order listed above
- Add water almost to *just under* the top of your fruit level.
- Put the lid on and blend, adding water as necessary.
- Blend for about 20-60 seconds or until blended well.

What this recipe contains: vitamins C, E, and K, beta-carotene, iron, calcium, other trace minerals, phytonutrients, antioxidants, amino acids, chlorophyll, omega-3, and enzymes.

The Whole SheBang Chili

This chili can be made with or without meat, as it is already very protein powerful. Without meat or dairy, this recipe, 'as is', is vegan. You have the option of adding Morning Star meatless meats, ground turkey, with shredded cheese on top, or even with white fish (which tastes amazing when placed on top of everything else in the last 30 minutes of cooking).

Ingredients:

- Olive Oil
- 1 cup onion chopped
- 0-2 lb ground beef, depending on your dietary choices
- 2 cups grated (or food processed) beets, that is about 1 very large beet
- 1/3 bunch Kale (food processed)
- 2 cups grated (or food processed) sweet potato
- 2 cups grated (or food processed) zucchini
- 2 cups carrots, chopped

- 1 small can fire roasted tomatoes, chopped
- 3 cups soaked, mixed beans (kidney, northern, white, navy, whatever)
- 1 1/2 cups green lentils, well washed
- 2 cloves garlic, pressed then minced
- Paprika, to taste
- Salt, to taste
- pepper, to taste
- Chili powder, to taste
- Cumin, to taste
- Cayenne Pepper, to taste
- Bay leaves, to taste
- 2 tsp tomato paste
- Water

Directions:

- Sauté the onion and garlic with your choice of spices, salt and pepper in the olive oil.
- Put onions in your crock pot, then cook your red or white meat, if using a meat. Drain, then place in crock pot.
- Combine all remaining ingredients with the mixture in the crock pot, then stir to combine.
- Add just enough water to barely cover the mixture. Cook on low for 8 hours.

What this recipe contains: Iron, vitamin B1, B2, B3, B5, and B6, vitamin A1, Vitamin C, Potassium, and fructose, calcium, Fiber, protein, Vitamin B6, amino acids, copper, iron, magnesium, manganese, and phosphorous, 31C, and sulforaphane, and folic acid.

More Quick Snacks

Quick Snacks for increasing protein, vitamins, and minerals:

- Hummus with veggie sticks and crackers
- Homemade spinach dip made with greek yogurt instead of sour cream and add walnuts, eat it with Ezekiel bread
- Cheese and veggie sticks
- Natural peanut butter on a spoon, drizzled with a little honey and topped with flax seeds
- Raw almonds and dried fruit

In With the Good and Out With the Bad

- Get rid of iceberg lettuce – replace it with dark leafy greens
- Get rid of pasta salads – replace with homemade broccoli salad
- Get rid of lunch meats – replace with leftover, finely diced meats from previous meals
- Get rid of white rice and pastas – replace with quinoa, wild brown rice, or whole wheat couscous
- Get rid of canola and vegetable oil – replace with coconut and extra virgin oils
- Grill salmon, then keep in single portions in your fridge - add to your favorite salad for a quick meal
- Puree summer squash or sweet potatoes in with your tomato-bases (i.e. spaghetti sauce, chili, pizza, sloppy joes).