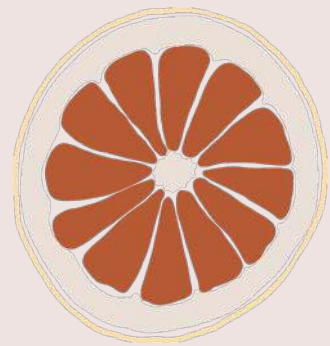


The Pole Mama Cookbook



Decadent Banana Smoothie

Serves 1

This smoothie is rich in protein, magnesium, calcium, zinc, vitamin E and probiotics, as well as containing cinnamon which can help promote breast milk production. It is extremely nutrient dense, it helps regulate your blood sugar and will keep you going for hours.

Ingredients (can be adjusted for your taste and consistency preferences):

- 1 small frozen banana
- 1 tbsp peanut butter
- 1½ tbsp greek yoghurt
- 1 cup unsweetened almond milk
- 1 tbsp vanilla protein powder (if pregnant, check to make sure it is safe during pregnancy before adding)
- ½ tsp ground cinnamon

Method:

Chop banana into 5 small pieces and put in a container in the freezer overnight. This will ensure an 'ice cream' consistency in the smoothie.

Add banana, peanut butter and yoghurt into the blender. Cover with almond milk. Add cinnamon and protein powder last (to avoid dry chunks in your smoothie!).

Blend for 2-3 minutes, or until smooth.

Tips: Wanting to increase your greens intake? Add spinach and kale with virtually no change to the taste of the smoothie!

Easy Beans

Serves 2

These beans are full of protein, antioxidants, prebiotics, magnesium, collagen, and fibre. It's a super easy recipe that is perfect for the postpartum period when your body is healing and recovering from birth. Alternatively eat them for breakfast to power you through your day, or as a post-training meal.

Ingredients:

- 1 can of beans of your choice
- 1 can diced tomatoes
- 1/3 cup chicken bone broth or stock
- 1-2 handfuls of chopped spinach
- 2-3 cloves of garlic
- Butter or oil (butter will give a richer flavour)
- Salt and pepper to season
- Shaved parmesan (optional)

Method:

Melt butter in a medium saucepan and add garlic. Cook until fragrant. Drain and rinse beans. Add to saucepan and cook for 30-60 seconds. Add tomatoes and bone broth. Cook for at least 10 minutes. The longer you cook them the more flavoursome they will become. Add spinach and stir through until wilted. Season with salt and pepper. Divide into bowls, top with parmesan and serve with buttered toast.

Tip: These beans make a great side dish with your eggs in the morning!

Lentil Bolognese

Serves 4

This recipe is protein rich, full of B vitamins, prebiotics, magnesium, collagen and fibre. It's perfect for the postpartum period where your body needs loads of these nutrients to help it heal and recover.

Ingredients:

1 large brown onion (chopped)	Large handful of kale or spinach leaves
3-4 cloves of garlic (chopped)	1 cup chicken bone broth or stock
1 can of diced tomatoes	Butter or oil
1 can lentils (drained and rinsed)	½ cup of nutritional yeast
1 large carrot (grated)	

Method:

Melt the butter in a large saucepan over medium heat. Add the chopped onion and garlic. Saute' until soft and fragrant. Add the lentils and grated carrot and cook for 60 seconds. Add the can of tomatoes and bone broth. Stir through and then cover with a lid. Cook for 10-15 minutes. Add chopped greens and nutritional yeast. Season with salt and pepper. Cook until leaves are wilted. Remove from heat. If you prefer a smoother texture you can blend with a stick blender.

Pour over cooked pasta, garnish with parmesan cheese and enjoy!

Tips:

- This can be made in large batches and frozen so is a great meal option to prepare in your 3rd trimester to freeze for the postpartum period!
- You can add whatever veggies you like to this dish, mushrooms make a particularly tasty addition!

Tris' Carrot & Zucchini Muffins

Serves 8

Ingredients:

- 2 large eggs
- 1 cup (approx. 3 medium) carrot, grated
- ¾ cup (approx. 1 large) zucchini, grated
- 2 tbs fresh thyme, chopped
- ¾ cup high-protein low fat Greek yogurt
- ½ cup buckwheat flour
- ¼ cup tapioca flour
- 2 tsp baking powder
- ½ tsp salt
- ¼ cup nutritional yeast
- 1 tbs pumpkin seeds

Method:

1. Preheat oven 180 degrees Celsius. Line or grease a muffin tray.
2. Grate carrot and zucchini. Chop fresh thyme.
3. Add to a mixing bowl with all dry ingredients (except pumpkin seeds) – thyme, buckwheat flour, tapioca flour, baking powder, salt, and nutritional yeast.
4. Whisk eggs and yogurt together. Pour into dry ingredients and fold through until combined. Don't over mix.
5. Spoon mixture into 8 muffin cups.
6. Sprinkle with pumpkin seeds.
7. Bake for 15 minutes. Cool on a wire rack.
8. Keeps in the fridge for 3 days. Can be reheated if you prefer to eat warm.

Tips:

- Tapioca flour can be found in the health aisle of supermarkets. Alternatively use arrowroot starch.
- You can swap the thyme for any fresh or dried herbs of choice.

Tris' No-bake Lactation Bites

Serves 20

Ingredients:

½ cup Medjool dates
2 tbs flaxseed, ground
1 cup rolled oats
3 tbs Brewer's Yeast
Pinch cinnamon
½ cup hulled tahini or runny peanut butter
2-3 tbs honey or rice malt syrup
1 tbs dark choc chips – optional

Method:

1. Add dates into a food processor. Pulse until just broken up and sticky.
2. Add all other ingredients (except choc chips) into food processor with the dates.
3. Pulse until well combined. If mixture is dry and not slightly sticking together, add a tiny splash of water and continue to pulse/blitz until it almost forms a sticky dough.
4. Fold through choc chips.
5. Roll into small balls (approx. 20). Set in the fridge for a few hours.
6. Keeps well in the fridge for up to 5 days, or freeze for up to 3 months.

Tips:

- If you can't find Medjool dates, any dates will work. If dates are dry and not soft, soak in hot water for 10 minutes, then drain.
- Brewer's Yeast has quite a strong flavour and is said to support breast milk supply – if you aren't breastfeeding you can leave this out.

Lactation Granola

Serves 4

Ingredients:

1/2 cup coconut oil
1/2 cup honey or maple syrup
3 cups oats
2 tbl spoon sesame seeds
1/2 cup linseed
1/2 cup slivered or flaked almonds
1/2 cup sunflower seeds
1 cup salted peanuts
Chia seeds for topping
Flaked Coconut for topping

Method:

1. Place coconut oil and honey in saucepan and melt over low heat. Set aside.
2. Place all dry ingredients except for chia and coconut, in large bowl and mix together.
3. Add coconut oil and honey mix to dry ingredients and stir thoroughly until well coated
4. Line a baking tray with baking paper and spread a thin layer (about 1cm) of the mix onto the tray
5. Sprinkle chia seeds and flaked coconut on top
6. Place in oven at 160°C for 40 mins, checking every 10 mins to turn the mix. It should be golden when done.
7. Let cool and serve with yoghurt and fruit.

Tips:

- Granola can be stored in an airtight container for up to 6 months! Why not make a big batch so that you always have some on hand for a quick breakky or snack.
- This recipe makes a great gift for new mamas. Present in a mason jar with some string or ribbon tied around.