

Recipes to Boost Milk Supply *for* Lactating Mothers

BY
Parenting Genie



Introduction

Welcome to **“Recipes to Boost Milk Supply for Lactating Mothers”!** If you’re breastfeeding, you might know how important your diet is. What you eat can really help increase your milk supply, making feeding your baby easier and more rewarding.

In this book, we talk about special foods called “galactagogues.” These are foods known to help moms make more breast milk. We’ll explain why they’re good for you and how they work to boost your milk supply.

Our main goal is to make your breastfeeding journey smoother and happier. We’ve put together some simple, tasty recipes that use these special foods. Whether you’re a whiz in the kitchen or new to cooking, these recipes are designed to be straightforward and quick to prepare, all while helping you nourish your body and support your baby’s growth.

Eating well while breastfeeding doesn’t have to be complicated or time-consuming. With the recipes in this eBook, you’ll have a variety of options to help keep you and your baby healthy and happy. Let’s start this journey together, one delicious meal at a time.



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Chapter 1: Breakfasts to Boost Your Day

Starting your day with a nutritious meal is crucial, especially during pregnancy. Here are easy, healthy breakfast recipes to give you and your baby the best start to your day.



Oatmeal with Flaxseed and Berries



This oatmeal recipe combines the galactagogue benefits of oats and flaxseed with the antioxidant power of berries for a wholesome and milk-boosting start to your day.

Ingredients

- 1 cup rolled oats
- 2 cups water or milk (for creamier oatmeal)
- 2 tablespoons ground flaxseed
- 1/2 cup mixed berries (fresh or frozen)
- Honey or maple syrup to taste
- A pinch of cinnamon (optional)

Method

1. In a medium saucepan, bring the water or milk to a boil. Add the rolled oats and a pinch of salt, then reduce the heat to simmer.
2. Cook the oats, stirring occasionally, for about 5 minutes until they are soft and have absorbed most of the liquid.
3. Stir in the ground flaxseed and continue to cook for another minute.
4. Remove from heat and let the oatmeal sit for a couple of minutes to thicken.
5. Serve the oatmeal in bowls topped with mixed berries. Drizzle with honey or maple syrup for sweetness and sprinkle with cinnamon if desired.

Spinach and Feta Cheese Omelette



This omelette is not only rich in calcium and iron from the spinach and feta cheese but also packed with protein to keep you energized. It's a simple yet satisfying meal that supports milk production and overall health during lactation.

Ingredients

- 2 large eggs
- 1/4 cup milk
- 1/2 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- Salt and pepper to taste
- 1 tablespoon olive oil

Method

1. In a bowl, whisk together the eggs, milk, salt, and pepper until well combined.
2. Heat the olive oil in a non-stick frying pan over medium heat. Add the chopped spinach and sauté for 1-2 minutes until it starts to wilt.
3. Pour the egg mixture over the spinach. Tilt the pan to spread the eggs evenly.
4. As the eggs begin to set, sprinkle the crumbled feta cheese over one half of the omelette.
5. Once the eggs are fully set but still soft, fold the omelette in half, covering the cheese.
6. Cook for another minute, then gently slide the omelette onto a plate.

Peanut Butter Banana Smoothie



This smoothie is not only quick to make but packed with ingredients that support milk production. Peanut butter provides healthy fats, while bananas add natural sweetness and energy, making it the perfect drink to kickstart your day.

Ingredients

- 1 ripe banana
- 2 tablespoons natural peanut butter
- 1 cup almond milk (or any milk of your choice)
- 1 tablespoon ground flaxseed
- Ice cubes (optional)

Method

1. Place the banana, peanut butter, almond milk, and ground flaxseed in a blender.
2. Add a handful of ice cubes if you prefer a colder smoothie.
3. Blend until smooth and creamy.
4. Pour into a glass and enjoy immediately.

Whole Grain Avocado Toast



Avocado is rich in healthy fats essential for lactation, and hemp seeds are a great source of omega-3 fatty acids, making this toast a simple yet powerful option for increasing milk supply.

Ingredients

- 2 slices of whole-grain bread
- 1 ripe avocado
- 2 teaspoons hemp seeds
- Salt and pepper to taste
- Squeeze of lemon juice (optional)

Method

1. Toast the whole-grain bread to your liking.
2. Mash the avocado in a bowl and spread it evenly on the toasted bread.
3. Sprinkle hemp seeds on top of the avocado for an extra boost of galactagogues.
4. Season with salt and pepper, and add a squeeze of lemon juice for a bit of zest if desired.
5. Serve immediately and enjoy a hearty, nutritious start to your day.

Chapter 2: Energizing Snacks

Here are simple yet delicious snack recipes, including the much-loved lactation cookies, to help keep your energy up and support milk production.



Almond and Banana Smoothie



Almonds are packed with healthy fats crucial for lactation, and bananas offer a rich source of potassium, making this smoothie a simple yet effective choice for boosting milk production and energy levels.

Ingredients

- 1 ripe banana
- 1/4 cup whole almonds (preferably soaked for a few hours or overnight to soften)
- 1 cup milk of choice (dairy or plant-based)
- 1 tablespoon ground flaxseed
- Ice cubes (optional)

Method

1. If you've soaked the almonds, drain and rinse them before use.
2. Combine the banana, soaked almonds, milk, and ground flaxseed in a blender.
3. Add ice cubes if you prefer a colder smoothie.
4. Blend on high until smooth and creamy. Depending on your blender, you may need to blend for a bit longer to ensure the almonds are fully processed.
5. Pour into a glass and enjoy immediately.

No-Bake Lactation Bites



Oats are abundant in iron and fibre, essential for lactation, while flaxseeds provide a wealth of omega-3 fatty acids, making these No-Bake Lactation Bites an easy, nutritious snack to support milk supply and overall health.

Ingredients

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey
- 2 tablespoons ground flaxseed
- 2 tablespoons brewer's yeast
- 1/2 cup dark chocolate chips

Method

1. In a large bowl, mix together the oats, almond butter, honey, ground flaxseed, and brewer's yeast until well combined.
2. Fold in the dark chocolate chips.
3. Roll the mixture into small balls, about 1 inch in diameter, and place them on a baking sheet lined with parchment paper.
4. Refrigerate for at least 30 minutes until firm.
5. Store in an airtight container in the refrigerator for easy snacking.

Easy Lactation Cookies



Brewer's yeast is a powerhouse of B-vitamins and amino acids, crucial for lactation, and whole grains in these cookies offer sustained energy, making Easy Lactation Cookies a delicious and effective way to boost milk production and vitality.

Ingredients

- 2 cups rolled oats
- 1 cup all-purpose flour
- 1/2 cup butter, softened
- 1/2 cup sugar
- 2 tablespoons brewer's yeast
- 1 tablespoon ground flaxseed
- 1 egg
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 cup chocolate chips or raisins

Method

1. Preheat your oven to 175°C (350°F). In a large bowl, cream together the butter and sugar. Beat in the egg and vanilla extract.
2. In another bowl, mix the oats, flour, brewer's yeast, ground flaxseed, and baking soda.
3. Gradually add the dry ingredients to the wet ingredients, mixing until combined. Stir in the chocolate chips or raisins.
4. Drop tablespoon-sized portions of the dough onto a baking sheet lined with parchment paper.
5. Bake for 10-12 minutes or until the edges are golden brown. Allow to cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

Yogurt and Granola Parfait



These snack recipes are not only easy to prepare but are also packed with ingredients known to support lactation, making them perfect for busy moms in need of a nutritious energy boost.

Ingredients

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/4 cup mixed berries or your choice of fruit
- 1 tablespoon honey (optional)

Method

1. In a glass or bowl, layer half of the Greek yogurt.
2. Add a layer of granola, then a layer of mixed berries or fruit.
3. Repeat the layers with the remaining ingredients.
4. Drizzle with honey for added sweetness if desired.
5. Serve immediately for a refreshing and energizing snack.

Chapter 3: Lunches that Lactate

Lunch is an important meal for keeping your energy up and supporting milk production.



Lentil and Carrot Soup



Lentils are a fantastic source of protein and iron, vital for postpartum recovery, and carrots enrich this soup with beta-carotene, supporting overall health and lactation, making Lentil and Carrot Soup a comforting, nutritious choice for nursing mothers.

Ingredients

- 1 cup dried lentils, rinsed
- 4 cups vegetable broth
- 2 carrots, peeled and diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Olive oil

Method

1. In a large pot, heat a drizzle of olive oil over medium heat. Add the onion and garlic, sautéing until soft and fragrant.
2. Add the diced carrots and cook for a few more minutes.
3. Stir in the lentils, vegetable broth, and ground cumin. Season with salt and pepper.
4. Bring to a boil, then reduce heat and simmer for about 25-30 minutes, or until the lentils are tender.
5. Serve warm, with a slice of whole-grain bread if desired.

Quinoa Salad with Chickpeas and Avocado



Quinoa, packed with complete protein and essential amino acids, teams up with chickpeas for added protein and fibre, while avocado brings healthy fats necessary for lactation, making this Quinoa Salad with Chickpeas and Avocado a nutritious, fulfilling meal for breastfeeding mothers.

Ingredients

- 1 cup quinoa
- 2 cups water
- 1 can chickpeas, rinsed and drained
- 1 avocado, diced
- 1 cucumber, diced
- 1/2 red onion, finely chopped
- Juice of 1 lemon
- Olive oil
- Salt and pepper to taste

Method

1. Rinse the quinoa under cold water. In a saucepan, bring the quinoa and water to a boil. Reduce heat to low, cover, and simmer for 15 minutes, or until water is absorbed. Let it cool.
2. In a large bowl, combine the cooled quinoa, chickpeas, avocado, cucumber, and red onion.
3. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently to combine.
4. Serve chilled or at room temperature for a refreshing and filling lunch.

Tomato Basil Mozzarella Wrap



Tomatoes, rich in vitamins C and K, pair with basil for an antioxidant boost, while mozzarella offers calcium and protein, crucial for lactation, making the Tomato Basil Mozzarella Wrap a tasty, nutrient-dense option for nursing mothers seeking both flavour and nourishment.

Ingredients

- Whole wheat wraps
- Fresh mozzarella cheese, sliced
- Tomato, sliced
- Fresh basil leaves
- Balsamic glaze (optional)
- Salt and pepper to taste

Method

1. Lay a whole wheat wrap flat on a plate.
2. Layer slices of fresh mozzarella cheese, tomato, and basil leaves down the center of the wrap.
3. Drizzle with balsamic glaze if using, and season with salt and pepper.
4. Roll up the wrap tightly, slice in half, and enjoy a Mediterranean-inspired, lactation-supporting lunch.

Easy Chicken and Vegetable Stir-Fry



These recipes are designed to be quick and easy, providing the nutrients needed to support lactation and overall health during this important time.

Ingredients

- 1 chicken breast, thinly sliced
- 2 cups mixed vegetables (bell peppers, broccoli, carrots)
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- Cooked brown rice, for serving

Method

1. Heat olive oil in a large pan or wok over medium-high heat.
2. Add the chicken slices and stir-fry until cooked through.
3. Add the mixed vegetables and continue stir-frying until they're tender-crisp.
4. Pour in the soy sauce and stir well to coat the chicken and vegetables.
5. Serve hot over cooked brown rice for a simple, nutritious meal that's easy to whip up.



Chapter 4: Dinner for Two

(You and Your Milk Supply)

Dinner is a critical time to nourish your body and support breastfeeding. These easy recipes are not only delicious but are specifically designed to enhance milk production and overall health.



Salmon with Sweet Potato Mash



Salmon, a superior source of omega-3 fatty acids, essential for infant brain development, combines with sweet potatoes, loaded with vitamin A and fibre for maternal health, making Salmon with Sweet Potato Mash a wholesome, delicious meal that supports both lactation and baby's growth.

Ingredients

- 2 salmon fillets
- 2 sweet potatoes, peeled and cubed
- 1 tablespoon olive oil
- Salt and pepper to taste
- A pinch of paprika (optional)

Method

1. Preheat the oven to 190°C (375°F). Place salmon fillets on a baking sheet, drizzle with olive oil, and season with salt, pepper, and paprika. Bake for 15-20 minutes, or until cooked through.
2. Meanwhile, boil the sweet potato cubes in salted water until tender, about 15 minutes. Drain and mash with a fork or potato masher. Season with salt and pepper to taste.
3. Serve the baked salmon over a bed of sweet potato mash for a nutrient-rich meal that supports lactation.

Beef Stir Fry with Broccoli and Garlic



Beef, rich in iron and protein, crucial for energy and postpartum recovery, meets broccoli, packed with vitamins C and K, and garlic for immune support, making Beef Stir Fry with Broccoli and Garlic a powerful, nutrient-rich dish that bolsters lactation and maternal well-being.

Ingredients

- 1 lb (450g) beef, thinly sliced
- 2 cups broccoli florets
- 3 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- Cooked brown rice, for serving

Method

1. Heat the vegetable oil in a large pan or wok over medium-high heat. Add the garlic and stir-fry for about 30 seconds, or until fragrant.
2. Add the beef slices, cooking until they start to brown.
3. Toss in the broccoli florets and soy sauce. Stir-fry for another 5-7 minutes, until the broccoli is tender but still crisp.
4. Serve the beef and broccoli stir-fry over cooked brown rice for a complete, iron-rich meal that's quick and easy to prepare.

Spinach and Chickpea Curry



Spinach, abundant in iron and folate, essential for lactation and recovery, joins chickpeas, providing protein and fibre, in this Spinach and Chickpea Curry, crafting a hearty, nutrient-packed meal that supports nursing mothers' health and milk production.

Ingredients

- 1 can chickpeas, drained and rinsed
- 2 cups fresh spinach leaves
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can coconut milk
- 1 tablespoon curry powder
- Salt to taste
- 1 tablespoon olive oil

Method

1. In a large pan, heat the olive oil over medium heat. Add the diced onion and minced garlic, sautéing until soft and translucent.
2. Stir in the curry powder, cooking for another minute until fragrant.
3. Add the chickpeas and coconut milk, bringing the mixture to a simmer. Let cook for about 10 minutes, allowing the flavours to meld.
4. Add the fresh spinach, stirring until wilted. Season with salt to taste.
5. Serve warm, alone or over a bed of rice, for a comforting, galactagogue-rich meal.

Garlic Lemon Chicken with Asparagus



These dinner recipes focus on ingredients known to support milk production while ensuring you enjoy a delicious and satisfying meal. Simple to prepare, they're perfect for busy nights without sacrificing nutritional value.

Ingredients

- 4 chicken breasts
- 1 bunch asparagus, ends trimmed
- 3 cloves garlic, minced
- Juice of 1 lemon
- 2 tablespoons olive oil
- Salt and pepper to taste

Method

1. Preheat your oven to 200°C (400°F). In a large baking dish, arrange the chicken breasts and asparagus in a single layer.
2. In a small bowl, mix together olive oil, lemon juice, and minced garlic. Pour the mixture over the chicken and asparagus. Season generously with salt and pepper.
3. Bake for 20-25 minutes, or until the chicken is thoroughly cooked and the asparagus is tender.
4. A simple yet flavourful dish, garlic is a natural galactagogue, and lemon adds a refreshing zing, making this meal a delightful way to end the day.



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Chapter 5: Satisfying Desserts

Desserts can be both a delightful treat and a way to incorporate lactation-supporting ingredients into your diet. Here are simple, delicious dessert recipes that are perfect for lactating mothers.



Pumpkin Seed and Dark Chocolate Bark



Pumpkin seeds, loaded with zinc and magnesium, essential for lactation and mood stabilization, blend with dark chocolate, rich in antioxidants, creating Pumpkin Seed and Dark Chocolate Bark, a deliciously indulgent yet beneficial treat for boosting milk supply and uplifting spirits of nursing mothers.

Ingredients

- 1 cup dark chocolate chips or chunks
- 1/2 cup pumpkin seeds
- A pinch of sea salt (optional)

Method

1. Line a baking sheet with parchment paper. Melt the dark chocolate in a microwave-safe bowl in 30-second intervals, stirring until smooth.
2. Pour the melted chocolate onto the prepared baking sheet, spreading it into an even layer with a spatula.
3. Sprinkle the pumpkin seeds evenly over the chocolate. If desired, lightly sprinkle with sea salt.
4. Place the baking sheet in the refrigerator for about 1 hour, or until the chocolate has fully set.
5. Break the bark into pieces and enjoy a dessert that's rich in minerals and mood-boosting properties.

Raspberry and Coconut Milk Popsicles



Raspberries, bursting with vitamin C and antioxidants, paired with coconut milk, a source of healthy fats crucial for lactation, make these Raspberry and Coconut Milk Popsicles a refreshing, nutritious snack that supports milk production and hydrates nursing mothers.

Ingredients

- 2 cups raspberries (fresh or frozen)
- 1 can (13.5 oz) coconut milk
- 2-3 tablespoons honey or to taste

Method

1. In a blender, combine raspberries, coconut milk, and honey. Blend until smooth.
2. Taste the mixture and adjust sweetness with additional honey if needed.
3. Pour the mixture into popsicle molds, leaving a little space at the top for expansion.
4. Insert popsicle sticks and freeze for at least 4 hours, or until solid.
5. To release the popsicles, run warm water over the outside of the molds for a few seconds.
6. Enjoy a refreshing, nutrient-packed treat that supports lactation with healthy fats and antioxidants.

Easy Date and Nut Energy Balls



Dates, rich in natural sugars and fibre, combined with nuts, a source of essential fatty acids and protein, create Easy Date and Nut Energy Balls, a convenient, energy-boosting snack that supports lactation and replenishes energy stores for nursing mothers.

Ingredients

- 1 cup dates, pitted
- 1/2 cup almonds
- 1/2 cup walnuts or pecans
- 2 tablespoons ground flaxseed
- A pinch of salt
- Desiccated coconut or cocoa powder for coating (optional)

Method

1. In a food processor, combine the dates, almonds, walnuts or pecans, ground flaxseed, and a pinch of salt. Process until the mixture comes together and forms a sticky dough.
2. Take small amounts of the mixture and roll into balls.
3. If desired, roll the balls in desiccated coconut or cocoa powder for an extra flavor and texture.
4. Store in an airtight container in the refrigerator for up to a week.
5. These energy balls are a quick, no-bake treat packed with nutrients and galactagogues to help boost your milk supply.

Avocado Chocolate Mousse



Avocado, packed with healthy fats essential for milk production, blended with antioxidant-rich dark chocolate, makes this Avocado Chocolate Mousse a decadent, nourishing treat that supports lactation and satisfies the sweet cravings of nursing mothers.

Ingredients

- 2 ripe avocados
- 1/4 cup cocoa powder
- 1/4 cup honey or maple syrup
- 1 teaspoon vanilla extract
- A pinch of salt

Method

1. Scoop the avocado flesh into a blender. Add cocoa powder, honey or maple syrup, vanilla extract, and a pinch of salt.
2. Blend until the mixture is smooth and creamy, scraping down the sides as needed.
3. Adjust sweetness if necessary, adding more honey or syrup to taste.
4. Chill the mousse in the refrigerator for at least 1 hour before serving.
5. Enjoy a creamy, decadent dessert that's full of healthy fats and chocolatey goodness, perfect for satisfying your sweet tooth while supporting lactation.



Chapter 6: Hydrating Drinks

Staying well-hydrated is essential for lactating mothers, not only for milk production but also for overall health. These simple, hydrating drink recipes are designed to nourish your body and may help boost your milk supply.



Fennel Seed Tea



Fennel seed tea is known for its ability to support lactation and improve digestion, making it a great choice for nursing mothers. Remember, while fenugreek can be effective for many, it's important to monitor for any side effects and consult with a healthcare provider before starting any new supplement, especially during breastfeeding.

Ingredients

- 1 teaspoon fennel seeds
- 1 cup boiling water

Method

1. Crush the fennel seeds slightly to release their flavor.
2. Place the crushed fennel seeds in a cup or tea infuser.
3. Pour boiling water over the fennel seeds and cover the cup. Let it steep for 10-15 minutes.
4. Strain the tea into another cup if you've not used an infuser.
5. Enjoy warm or let it cool for a refreshing drink. You can add honey for sweetness if desired.

Barley Water



Barley water is a traditional drink known for its health benefits, including support for lactation.

Ingredients

- 1/4 cup pearl barley
- 4 cups water
- Lemon juice (optional)
- Honey (optional)

Method

1. Rinse the barley under cold water until the water runs clear.
2. In a large pot, combine the barley and water. Bring to a boil, then reduce heat and simmer, uncovered, for about 30 minutes to 1 hour, until the water is cloudy and the barley is cooked.
3. Strain the barley water into a pitcher or container, discarding the barley grains.
4. Add lemon juice and honey to taste, if desired. Let it cool in the refrigerator.
5. Serve chilled for a refreshing and hydrating drink.

Carrot and Beetroot Juice



Carrot and beetroot juice is not only hydrating but also packed with essential vitamins and minerals beneficial for lactating mothers.

Ingredients

- 2 carrots, peeled
- 1 small beetroot, peeled
- 1 apple, cored (optional for sweetness)
- Water, as needed

Method

1. Chop the carrots, beetroot, and apple into chunks suitable for your juicer.
2. Juice the carrots, beetroot, and apple together.
3. Dilute with water to your preferred taste, if necessary.
4. Serve immediately, preferably over ice, for a nutrient-rich drink that supports hydration and milk supply.

Lemon and Mint Water



Lemon and mint water is a simple way to enhance your daily water intake, offering a refreshing taste along with the digestive benefits of mint.

Ingredients

- 1 lemon, sliced
- 10 mint leaves
- 4 cups of water
- Ice cubes (optional)

Method

1. In a large pitcher, add the lemon slices and mint leaves.
2. Fill the pitcher with water and stir gently.
3. Refrigerate for at least 1 hour to allow the flavors to infuse.
4. Serve over ice for a cool, refreshing drink.

These hydrating drinks are not only delicious but also packed with ingredients known to support breastfeeding mothers. Enjoy these beverages throughout the day to stay hydrated and potentially boost your milk supply.

Fenugreek Flavoured Tea



This fenugreek-flavoured tea is not only easy to make but also utilizes the galactagogue properties of fenugreek seeds to potentially help increase milk supply. Fenugreek has a slightly bitter, maple-syrup-like taste, which can be enhanced with a bit of honey and lemon, making it a comforting and beneficial drink for nursing mothers.

Ingredients

- 1 teaspoon fenugreek seeds
- 1 cup water
- Honey to taste (optional)
- A slice of lemon (optional)

Remember, while fenugreek can be effective for many, it's important to monitor for any side effects and consult with a healthcare provider before starting any new supplement, especially during breastfeeding.

Method

1. Crush the fenugreek seeds slightly with a mortar and pestle to release their flavour. If you don't have a mortar and pestle, you can use the back of a spoon and a sturdy bowl.
2. Bring the water to a boil in a small saucepan.
3. Add the crushed fenugreek seeds to the boiling water and reduce the heat. Let it simmer for about 5 minutes.
4. Strain the tea into a cup, removing the fenugreek seeds.
5. If desired, sweeten with honey and add a slice of lemon for an extra boost of flavour and vitamin C. Enjoy warm.

Conclusion

As you navigate the rewarding, yet demanding, journey of lactation, remember that your nutrition plays a crucial role not just in your own health but also in ensuring a plentiful milk supply for your little one. The recipes in this eBook, **“Recipes to Boost Milk Supply for Lactating Mothers”** have been carefully selected to provide you with nutritious, easy-to-prepare meals and snacks that support breastfeeding.

We encourage you to focus on nourishing your body with balanced meals, rich in galactagogues and hydration, to foster a healthy milk supply. Remember, staying hydrated is as important as eating well. Drink plenty of fluids throughout the day to aid in milk production and maintain overall health.

Always consult with healthcare providers before making significant dietary changes, especially during lactation, to ensure they align with your and your baby’s specific health needs.



Appendix

Tips for Meal Planning and Preparation

Plan Ahead: Spend some time each week planning your meals. This can help ensure you have all the ingredients on hand, reducing stress and last-minute decisions.

Batch Cooking: Prepare and cook meals in batches. Freeze portions for later use to save time and energy on busy days.

Simple Ingredients: Focus on recipes with simple, nutrient-dense ingredients that don't require complicated cooking techniques.

Snack Smart: Keep healthy snacks readily available for times when you need a quick energy boost.

Stay Hydrated: Carry a water bottle with you to remind yourself to drink fluids throughout the day.

List of Galactagogues and Their Benefits

Oats: Rich in fiber and iron, oats are believed to help stimulate milk production.

Fennel Seeds: Known for their ability to increase milk volume and improve digestion.

Barley: Contains beta-glucan, which may help enhance milk production.

Garlic: Thought to be a natural galactagogue, garlic can also add flavor to your meals.

Spinach and Leafy Greens: High in calcium, iron, and folate, these vegetables are great for milk production and nutritional content.

Nuts and Seeds: Almonds, cashews, and flaxseeds are good sources of healthy fats and calcium, supporting lactation.

Legumes: Chickpeas, lentils, and beans are high in protein and fiber, beneficial for nursing mothers.

Fenugreek: This herb is one of the most popular galactagogues used around the world by breastfeeding mothers. Fenugreek seeds are rich in phytoestrogens, which are plant-based compounds similar to the estrogen hormone and are thought to help boost milk production.

Many lactating mothers have reported an increase in milk supply within 24 to 72 hours after taking fenugreek supplements. However, it's important to note that fenugreek should be used with caution as it can cause side effects in some women, such as gastrointestinal upset, and may interact with certain medications. It's also not recommended for pregnant women because it can stimulate uterine contractions.

As with any supplement or dietary change during lactation, it's essential to consult with a healthcare provider before adding fenugreek to your diet to ensure it's appropriate for your specific health circumstances.

By incorporating these foods into your diet and following the tips provided, you can support your lactation journey with confidence and ease. Remember, every mother's experience is unique, so it's important to find what works best for you and your baby. For more resources and support, visit **Parenting Genie** at www.parentinggenie.com.au where you can find a community ready to help you through every step of your parenting journey.



Parenting Genie



A-Z of Parenthood!

Founder/Director, Parenting Genie

Babrah Tavaziva, founder and director of Parenting Genie, is a registered nurse, midwife, and a seasoned maternal child health nurse. Her extensive experience includes a pivotal role as a team leader for maternal child health at Cardinia, where she was involved in significant projects, and her dedicated work in Enhanced MCH, addressing complex issues with vulnerable parents.

The inception of Parenting Genie was born out of Babrah's keen observation of the gap in support and guidance available to parents, particularly during the critical early years of child-rearing. Her platform, Parenting Genie, reflects her deep commitment to empowering parents through a wealth of online support and resources. A standout offering of Parenting Genie is the innovative Parenting Genie Chat, a tool designed to provide quick and reliable guidance to parents navigating the joys and challenges of parenthood.

Babrah's passion for supporting families shines through in her dedication to creating a knowledgeable and supportive community for parents. Her work is fueled by her understanding of the unique challenges and triumphs that parenthood brings, making her a trusted and empathetic guide for countless families.

Discover more at www.parentinggenie.com.au.



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