

MUMĚHOOD

**Nutritious smoothies
for pregnancy**



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You are probably hearing an awful lot about what to avoid when it comes to food and drink right now (oysters, champagne, squidgy French cheese and juicy rare steaks) and less so about what you could be enjoying.

Good nutrition is absolutely key - research indicates that a good diet during pregnancy can not only benefit the mother, but can also influence the child's health at birth and throughout their whole life... No pressure there then!

The good news is that a healthy pregnancy diet is relatively simple to achieve. It is basically the same as any other healthy balanced diet with extra attention given to protein, folate (folic acid), iron and calcium intake. And it doesn't mean you can't indulge in some seriously yummy treats.

At Mumhood we love our post workout smoothies, they are delicious and packed with goodness. Plus our favourite Frame recipes - The Framer and The Green One - are perfect for topping up on the essential pregnancy nutrients. We've made a couple of small adjustments so they're even more mama friendly and shared them below. We've also added a couple of new baby-building recipes... so get blending!



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The Pregnant Framer

The banana and nut butter in this smoothie make it a great energy booster. Bananas are rich in potassium and easy on the stomach if you're still suffering from a bit of morning sickness. Yoghurt is a good source of calcium but we've replaced the usual coconut yoghurt in this recipe with Greek yoghurt as it contains significantly more protein. Live cultures in yoghurt can also help prevent yeast infections common in pregnancy.

250ml Almond milk

½ banana

Tbsp Greek yoghurt

Tsp almond butter

Pinch cinnamon (to taste)

Scoop pea protein and tsp maca - optional

The Pregnant Green One

Both spinach and avocado are high in folate as well as a host of vitamins including vitamin C and, in the case of avocado, B6, which is important for brain growth and can help relieve morning sickness. Again, we have replaced the coconut yoghurt in this recipe with Greek yoghurt for its high protein level.

Handful spinach

¼ avocado

Handful mint (to taste)

⅓ medium chunks Pineapple

1 tbsp Greek Yoghurt

Coconut water (to taste)

Pinch of salt



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Creamy Fruit Smoothie

This delicious sweet smoothie is chock full of vitamin C from the berries and mango, plus calcium and protein from the yoghurt. An added bonus is the magnesium that mangoes and coconut water contain, which helps prevent leg cramps common in pregnancy.

- 1 cup berries
 - ½ mango
 - ½ banana
 - 4 tbsp Greek yoghurt
 - 1 cup coconut water
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Peanut Butter and Oats

Nut butters are high in a number of important minerals and good fatigue-fighting fats, but if possible choose a brand that doesn't contain added palm oil. The oats provide iron and fibre – both very important during pregnancy.

- ½ cup oats
- 1 ¼ cups coconut milk
- 1 banana
- 1 tbsp honey
- 2 tbsps peanut butter
- 1 tsp vanilla extract

