MOTHERS MYLK

13 PANTRY essentials

There are a few go to pantry items we commonly use in a lot of our recipes.

We have put this e-book together to support you in simplifying your grocery shop and having a pantry you won't feel guilty about!

PANTRY STAPLES



Hemp Seeds

Our beauty super seeds! Packed with protein and are a plant-based source of **omega-3 ALA**. We recommend women increase omega-3 foods within their diet during pregnancy and breastfeeding. Whilst breastfeeding, these essential fatty acids **must** be obtained from the diet and are an important component in breast milk to support healthy infant brain development.

Chia Seeds

Chia seeds are a plant-based source of **omega-3 ALA**. These seeds can be used in baking as an emulsifier in place of eggs. Chia seeds are a fantastic source of fibre and can be used in sweet or savoury dishes! You will find chia seeds in a lot of our breakfast and baking recipes.





Brazil Nuts

One of our best dietary sources of **selenium**. Selenium is an important antioxidant, which has been shown to support healthy postpartum thyroid function.

Buckwheat Grouts/Flour

We use buckwheat groats and flour in a lot of our baked goods! It is a relatively lower cost gluten free flour that has strong health benefits. It is packed with antioxidants and a high protein option.



PANTRY STAPLES



Quinoa

A wonderful source of plant-based protein. This grain is the perfect addition to any salad or curry for extra protein and fibre to keep you fuller for longer.

Rolled Oats

Oats have traditionally been used to support breast milk products. Oats also contain prebiotic fibres to support healthy gut bacteria. The addition of rolled oats to the postpartum diet can assist to keep those bowels moving regularly post birth. Also a wonderful blood sugar regulator!





Chickpeas

These little peas can be anything you want them to be! We have so many recipes that include chickpeas to support your postpartum health. Studies have shown that chickpeas have many health benefits such as weight control, blood sugar regulation, supporting healthy gut bacteria, and cardiovascular health.

Dried Fruits

When you are in need of some quick sugar 1-2 pieces of dried fruit can give you that little spike without the need to eat a whole block of chocolate! We recommend goji berries, dried figs and dried apricots. Dried figs and apricots provide a great source of iron to the diet.



CONDIMENTS

& SAUCES =



Almond Butter

We love adding almond butter to baking, on top of toast or with banana and cinnamon as a little sweet.

Almond butter is high in **vitamin E** - Vitamin E works as an antioxidant in the body and is very important for eye health in both mum and bub!

Extra virgin olive oil

This is one of our favourite cooking oils to use as it is so versatile. Extra virgin olive oil (EVOO) is a relatively heat stable oil, which means it can be used in cooking at higher temperatures without oxidising. Premium EVOO has a smoke point of between approximately 200-215°C.





Unhulled Tahini

Tahini is ground sesame seeds made into a paste. It can be used as a dip, salad dressing or added to foods like hummus or falafel. Unhulled tahini is a wonderful plant based source of calcium. Note: Hulled tahini uses only part of the sesame seed, whereas unhulled tahini uses the whole seed.

Tamari or Coconut Aminos

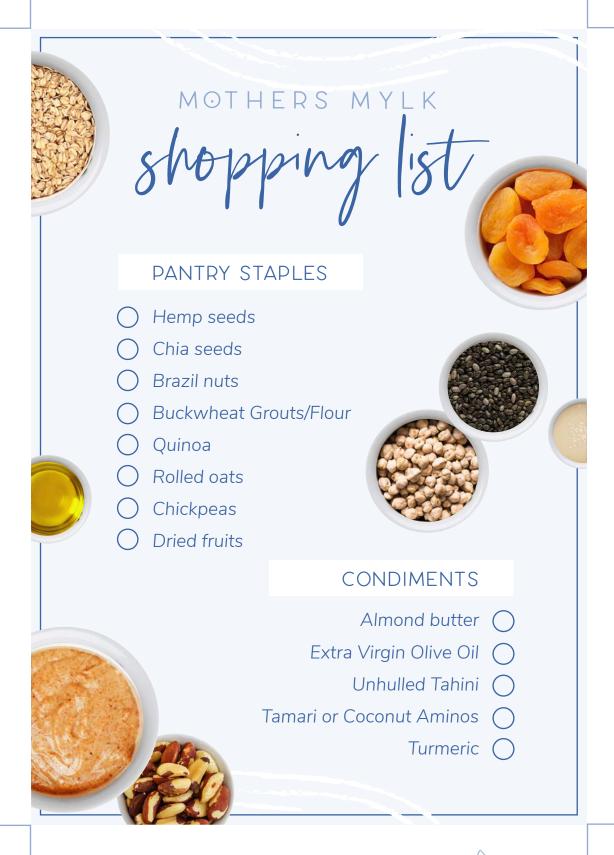
A lot of our Asian inspired recipes call for tamari or coconut aminos (or sometimes both!). These sauces can be used as a gluten free replacement for traditional soy sauce, which contains wheat.



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Tumeric

Turmeric has traditionally been used for thousands of years due to its powerful anti-inflammatory properties. We love to include this spice in many of our postpartum stews and soups to support post birth recovery.



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