

Passion for Birth Seminars

we are on a mission to stomp out boring childbirth education!!

Recipes

Groaning cake

by Ami McKay, author the Birth House

www.thebirthhouse.com

The tradition of the groaning cake, or kimbly at (or following) a birth is an ancient one. Wives' tales say that the scent of a groaning cake being baked in the birth house helps to ease the mother's pain. Some say if a mother breaks the eggs while she's aching, her labour won't last as long. Others say that if a family wants prosperity and fertility, the father must pass pieces of the cake to friends and family the first time the mother and baby are "churched" (or the first time they go to a public gathering) after a birth. I made groaning cake the day of my son's home birth and my neighbour brought me "health bread" the day after the birth. This recipe is a combination of the two. It has apple, molasses, orange juice and spices and can really help to see a woman through a long labour, or give her strength after the birth!

2 ½ Cups Flour
3 eggs
2 tsp. Baking powder
½ Cup oil
1 tsp. Baking soda
½ Cup orange juice
2 tsp. Cinnamon
¼ Cup molasses
½ tsp. Ground cloves
1 1/3 Cups sugar
1 ½ cups apple (grated, no skin)
1 tsp. Almond extract

Sift dry ingredients together. Add apple. Beat eggs. Add oil, orange juice, molasses and sugar. Add to dry ingredients. Mix well. Add almond extract. Bake at 350 F. for 35-40 minutes. Makes two 9 X 5 loaves or about 18 muffins.

Additions: raisins, dates, dried fruits, or nuts.

Labor-aide

From the book Heart and hands by: Elisabeth Davis

Take about 1 Quart water or Red Raspberry leaf tea and mix it with:

1/3 cup honey
1/3 cup lemon juice
1/2 tsp salt
1/4 tsp baking soda
2 crushed Calcium or Calcium/Magnesium tablets
Shake and you are all set.

Another good idea is to freeze it into pop-cicles or ice cubes-yummy!

Nikiah's Lactating Mama

Postpartum Crunch

www.mamagoddessbirthshop.com

Take 1/2 cup of honey and put it into a large pot. Add:

1 cup oats
1 cup millet 1/2 cup dried cranberries
1 cup sesame seeds
1 cup pumpkin seeds
1 cup sunflower seeds
1 cup coconut
1 cup sliced almonds
1/2 cup flax seeds (optional) but helps with constipation.
2 tsp's of vanilla extract
1 Tsp Cinnamon
1/2 cup of coca powder!
Zest of one orange (optional)
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Post Partum Crunch continued

Melt the honey and add all of the ingredients until they are coated.

Now comes the fun part! you have two choices here you can just leave it as is and follow the baking instructions OR you can add 1/2 cup of coca powder!

I personally love the coca option but it is just as flavorful and good if you don't add it!

Preheat the oven to 360 and put the granola on two pans spread out flat and bake for 10 min's

Crunchy Topped Apple Oat Bran Muffins

1-½ cups of white whole-wheat flour
1 cup of oat bran
1/3 cup of brown sugar
1 tsp baking powder
¼ tsp baking soda
Pinch of salt
¼ tsp ground nutmeg
½ tsp cinnamon
1-cup low fat buttermilk
2 egg whites
2 tbsp canola oil
1 heaping cup of diced apples
1/3 cup of raisins

Crunchy Topping
¼ cup of chopped walnuts
¼ cup of brown sugar
½ tsp cinnamon

Pre-heat oven to 375.

In a small bowl combine the walnuts, cinnamon, and brown sugar. Set this aside for now, this will be the yummy crunchy topping we add to the top of the muffins!

In a medium bowl stir together flour, oat bran, brown sugar, baking powder, baking soda, salt, nutmeg and cinnamon. Set aside.

In a small bowl combine buttermilk, egg whites and oil. Add to dry ingredients; stir just until moistened. Stir in diced apples and raisins.

Spray muffin cups with non-stick cooking spray. Spoon about a quarter cup of batter into each muffin cup and then top each one with a teaspoon of crunchy topping. Pop in the oven for 18 minutes or until a toothpick inserted near the center comes out clean. Enjoy!

Makes 12 muffins.