

# Super-Fast Snacks to Nourish You Through Baby's First Year

The  
MamaBaby  
Guide



 **Natural Birth  
and BabyCare.com**

## Easy Homemade Hummus

- 1 can of chickpeas (garbanzo beans)
- 2 tablespoons mayonnaise (get an avocado or olive-oil based if possible)
- ¼ cup tahini (peanut butter can be used but will change the flavor)
- Lemon juice to taste
- Salt to taste

Open the can of chickpeas and drain. Dump into a bowl and add mayo and tahini. Mash together with a fork. If you'd like a creamier consistency, you can add more mayo and/or tahini. Add lemon juice and salt to taste.

Eat your hummus with veggie sticks and slices. A bag of baby carrots makes this grab-and-go, or quickly chop some celery sticks (did you know: carrots are thought to help boost milk supply). Dipping cheese into the hummus boosts the protein power of this meal!

## No-Bake Energy Bites:

- 1 cup rolled oats
- ½ cup mini semi-sweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

*Remember oats are a great way to boost milk supply!*

From: <http://allrecipes.com/recipe/239969/no-bake-energy-bites/>

## Super-Easy Smoothie

- 1 cup yogurt or greek yogurt
- ½ cup coconut milk (or other milk of your choice)
- ½ cup berries of your choice (I like strawberries and blueberries)
- 1-2 teaspoons Stevia blend (or sweetener of your choice)
- Optional: 1 tablespoon cocoa powder
- Optional: throw in ¼ cup frozen okra chunks and ¼ cup extra coconut milk for a hidden tummy-soothing and sugar-stabilizing treat

Add everything into your blender (it often works best if you put the liquids in first, then the solids). Blend and drink up! Adjust sweeteners, etc. to your taste. You can also mix in probiotic powder or other supplement powders to get those in. Rinse the blender right away then use a bottle brush to quickly scrub the sides for almost effortless cleanup.

## Super-Easy Salmon Dip

- 1 can of wild-caught salmon (available at almost every grocery store today!)
- 2 tablespoons of mayonnaise
- 6oz softened cream cheese
- Lemon juice to taste
- Salt to taste

Put salmon in a bowl and add other ingredients. Mash with a fork to blend. Eat this dip with chopped or sliced veggies. It packs a protein punch and a brain-boosting punch for you and baby!

## I Can't Be Creative Protein Dip

- 1 cup yogurt or Greek yogurt
- ½ cup peanut butter, almond butter, or other nut butter
- Sliced apples, pears, or veggie sticks

Put the yogurt in a bowl, add nut butter, and mix with a fork. Eat with fruit slices or veggies!

## Chocolate-Strawberry Overnight Oats

The next two recipes are very easy to whip up the night before and make a perfect grab-and-go breakfast or snack for busy mamas. A big mixing bowl could also make an easy, cool family breakfast on a hot morning.

- 1/2 Cup(s) Oats
- 1/2 Cup(s) milk (or milk substitute)
- 1 tbsp. Honey
- 1 tsp. cocoa powder
- 1 tbsp. chocolate, shavings
- 1/4 Cup(s) strawberries, hulled and sliced

Add oats to your container of choice, pour in milk, and layer strawberries, cocoa powder, honey, and chocolate shavings. Refrigerate overnight and enjoy when you wake! Did you know: in addition to boosting milk supply, oats are a GMO-free food 😊

## PB&J Overnight Oats

- 1/2 cup Oats
- 1/2 cup low-fat milk
- 1/2 cup strawberries
- 2 tablespoons peanut butter
- 2 tablespoons jelly

Add oats to your container of choice and pour in milk. Layer in strawberries, jelly and peanut butter. Refrigerate overnight and enjoy in the morning!

If you enjoy overnight oats, Quaker brand has many, many ideas on their website – check them out: <http://www.quakeroats.com/cooking-and-recipes/overnightoats>

## Cottage Berry Whip

- ½ cup cottage cheese
- ½ cup frozen berries (strawberries are my favorite)
- ¼ teaspoon stevia or 1 teaspoon stevia blend (or sweetener of your choice).

Place ingredients together in blender or food processor and blend. You may need to stop and mix with a fork/spoon since all ingredients are thick. Taste to check for desired sweetness (cottage cheese seems to really absorb sweetener). This is hands-down one of my absolute favorite snacks. It tastes so decadent and is so packed with protein! From *Trim Healthy Mama* (they have many wonderful snacks, especially if you need “sweet tooth” substitutes!)

## Ants on a Log

- Celery slices
- Nut butter of your choice
- Raisins

This perpetual childhood snack also a healthy choice for busy mamas. Quickly chop some celery and spread some nut butter into the middle of each piece. Add a few raisins along the nut butter and you have “ants on a log.”

## Quick Quesadillas

- 2 small whole-grain tortillas
- ½ cup beans
- Cheese to sprinkle
- Butter or coconut oil

Heat the butter or coconut oil in a small pan. While that’s heating, spread your beans on one tortilla and sprinkle with cheese. Lift tortilla into pan and let the cheese begin to melt and the tortilla to brown. Cover with second tortilla and use a spatula to flip, browning the second tortilla. Slide onto a plate and enjoy as-is, or spice things up with a little salsa and/or sour cream. Leave off the cheese for a dairy-free alternative.

## Meat Salad Snacks

- ½ cup shredded or diced meat of your choice (chicken and tuna are traditional choices)
- 1-2 tablespoons healthy mayonnaise
- 1 tablespoon finely sliced onion
- Optional: Dice 1 hard-boiled egg

Mix all ingredients together. For best flavor, allow flavors to meld for 10-15 minutes before eating, then stir again. Serve with veggie sticks, wrapped in a lettuce wrap, or with crackers. A fun variation: slice an avocado in half and remove the pit. Fill the hole in with your meat salad and enjoy a protein and healthy-fat rich snack!

## Toasted Quinoa

- 1/3 cup quinoa
- ½ tablespoon ground flax
- 1 tablespoon shredded coconut
- 1 tablespoon maple syrup

Mix and spread on a baking sheet, then toast at 425 for 10 minutes. Eat a protein-packed handful or use like granola on top of yogurt. Quinoa is thought to boost milk supply.

## Easy-Peasy Snacks:

- Apple slices with peanut butter
- Apple slices with cheese
- String cheese
- Plain yogurt or greek yogurt sprinkled with fruit
- Nuts and seeds
- Cheese and olives
- Cheese and nuts
- Hard-boiled eggs
- Meat jerky
- Cottage cheese
- Leftover roast meat (such as chicken, turkey, shredded beef, etc.) rolled in lettuce wrap – add a dash of mayo or spicy mustard if you like!