

Easy Pregnancy Recipes

STARTER PACK

Easy recipes for pregnant moms that are sure to satisfy your cravings and provide nutrients for you and your baby! These were my favorite recipes and helped me stay full, ensuring I was eating healthy, especially when I was too lazy to stand over the stove for more than a few minutes at a time!

Recipes Include:

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Pineapple Mango Smoothie

Preggie Pasta

Blueberry Greek Yogurt Muffins

Baked Basil Feta Pasta

No-Bake Date Protein Bars

Strawberry Cereal Bars



Pineapple Mango Smoothie

2 SERVINGS



10 MINUTES

A fruity smoothie filled with juicy pineapple, mango, greek yogurt, and orange juice. A great way to cool off on a warm summer day, or enjoy any time of year!

Ingredients

- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1/2 cup vanilla Greek yogurt
- 1/2 cup kefir (optional)
- 1/2 cup orange juice

Directions

1. Place all ingredients in a blender.
2. Blend for a total of 60 seconds, pulsing to ensure you do not overheat the blender's motor. Blend more if needed.
3. If needed, add more liquid of your choice to adjust the thickness of the smoothie.
4. Serve and enjoy!

"Preggie Pasta"

4 SERVINGS



20 MINUTES

A quick pasta recipe (that resembles mac & cheese) to potentially ease morning sickness - packed with Nutritional Yeast with great fiber, folate, B vitamins, and vinegar to ease nausea! Try adding spinach or broccoli for an iron boost.

Ingredients

8 oz fusilli pasta (or your favorite pasta)

1/4 cup extra virgin olive oil

1/4 cup distilled white vinegar

1/4 cup nutritional yeast

Seasonings measured to taste:

Salt & pepper

Garlic powder

Onion powder

Italian seasoning

Directions

1. Prepare noodles according to package. Save 1 cup pasta water and drain the rest, returning pasta to pan.

2. Add olive oil, vinegar, and nutritional yeast to pan with a few tablespoons of the pasta water and mix thoroughly. Add more pasta water if mixture seems dry.

(You can also add more olive oil or vinegar if desired.)

3. Add all seasonings to your desired taste. I add about a teaspoon of each and test it from there.

4. Feel free to keep adding seasonings and nutritional yeast or other ingredients to your desired taste. Everyone's taste is different - especially during pregnancy!

5. Serve and enjoy :)

Blueberry Greek Yogurt Muffins

12 SERVINGS



35 MINUTES

Moist, sweet blueberry muffins made with greek yogurt, providing a great source of protein, calcium, and even probiotics! You're in for a treat!

Ingredients

- 2 large eggs
- 1 cup greek yogurt
- 1/2 cup melted butter
- 1 cup granulated sugar
- zest grated from 1 lemon
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 2 cups + 6 tablespoons flour
spooned and leveled not scooped!
- 2 cups fresh blueberries, washed and dried
- 2 1/2 tablespoons brown sugar (for topping)

Directions

1. Preheat the oven to 375°F
2. Prepare a muffin pan and line it with paper liners.
3. Add the eggs, yogurt, butter, sugar, lemon zest, vanilla, baking powder, baking soda, and salt into a large bowl. Whisk until well combined.
4. Add the flour, fold in with a spatula until almost combined (you should still see some streaks of flour in the batter).
5. Add the blueberries (save some to put on top), fold in with a spatula until evenly distributed and there are no streaks of flour visible. Do not over-mix the batter.
6. Divide the batter evenly between the muffin liners.
7. Put the reserved blueberries on top of the batter, press them in. Sprinkle with brown sugar.
8. Bake for about 25 minutes or until a wooden skewer or toothpick comes out clean.
9. Place on a cooling rack to cool slightly then enjoy!



Baked Basil Feta Pasta

6 SERVINGS



45 MINUTES

A quick dinner option packed with flavor and refreshing basil. Add your favorite fully-cooked protein to this dish for even more yummy goodness! I like to add a squeeze of lemon to mine for a splash of acidity.

Ingredients

- 8 oz cavatappi pasta (or your favorite pasta)
- 1 pint cherry tomatoes, halved
- 8 oz block feta cheese
- 1/2 cup extra virgin olive oil
- Salt & pepper, to taste
- Italian seasoning, to taste
- 1 clove minced garlic
- 1/4 cup fresh basil, chopped or chiffonade
- 2 tsp white vinegar (optional)

Directions

1. Preheat oven to 400°F. Place cherry tomatoes in a large, oven-safe baking dish. Pour in olive oil, minced garlic, and vinegar, and season with salt, pepper, and Italian seasoning. Toss until tomatoes are well-coated.
2. Place feta block in the middle of the baking dish and flip to coat with olive oil and seasonings.
3. Bake in oven for 30 minutes, or until cherry tomatoes are starting to blacken and feta cheese melts.
4. While the tomatoes and feta bake, start heating a pot of water on the stove for the pasta. Cook according to box directions for al dente and reserve 1/2 cup pasta water, in case you need it.
5. Remove baking dish from oven and add basil, tossing everything to combine, breaking up the feta block..
6. Transfer cooked pasta to baking dish and toss to combine. Add small amounts of pasta water if the pasta is too dry.
7. Garnish with basil and serve warm!



No-Bake Date Protein Bars

10 BARS



1 HOUR

These protein bars are great for pregnancy, packing lots of protein and healthy dates into one yummy bar with peanut butter and coconut!

Ingredients

- 2.5 cups old-fashioned rolled oats
- 3 Tbsp natural peanut butter
- 10 pitted, soft Medjool dates
- 1/4 cup shredded coconut
- 1/4 cup maple syrup
- 1 tsp pure vanilla extract
- 1/4 tsp kosher salt
- 1/4 cup milk (any kind)
- 3 oz unsweetened chocolate chips
- 8 oz semi-sweet chocolate morsels, melted

Directions

1. Line a baking pan with parchment paper.
2. Process oats in a food processor and process until ground into a flour. Add the peanut butter, dates, maple syrup, vanilla, salt, milk, and unsweetened chocolate chips.
3. Process until the mixture is well-combined and tacky to the touch. If needed, add more milk in small amounts until you reach the proper consistency.
4. Transfer mixture to the baking pan and, using saran wrap or another piece of parchment paper, press firmly into an even layer.
5. Cover with parchment and place in refrigerator to chill until firm (about 1 hour). Cut into even bars once chilled.
6. Drizzle melted chocolate over chilled bars and allow to set at room temperature.
7. Wrap bars individually in waxed paper and store in the refrigerator.

Strawberry Cereal Bars

9-12 SERVINGS ⌚ 1 HOUR

Cereal hits different during pregnancy... IYKYK! These cereal bars are for the strawberry cereal-crafter, packing fruit and fiber into delicious bars that are easy to grab and go! Try it with dried blueberries or raspberries, too!

Ingredients

- 3 cups your fave high-protein/fiber cereal or granola
- 1 cup freeze-dried strawberries
- 1/2 cup nut butter (almond, cashew, peanut)
- 1/2 cup maple syrup
- 1/2 tsp pure vanilla extract

Directions

1. Line a baking pan with parchment paper.
2. Combine the nut butter and maple syrup in a small saucepan and bring to a slow boil. Cook until thickened (~2 mins).
3. Meanwhile, process strawberries in a food processor, leaving some larger chunks. Add strawberries to a medium bowl along with the cereal.
4. Once the nut butter mixture has thickened, add the vanilla extract and stir to combine. Pour over strawberry and cereal mixture and mix.
5. Once well-coated, pour the mixture into the baking pan and gently press the bars into an even layer. Cover and place in the refrigerator. Let cool for about an hour.
6. Once chilled, cut into even bars and enjoy! You can package individually in parchment paper to store and enjoy later.