

Warm and easy-to-digest recipes created for postpartum by Heng Ou, author of *The First Forty Days: The Essential Art of Nourishing the New Mother*.

PROGRAM	Pregnancy & Postpartum
TOPIC	Nutrition
MODULE	Heng Ou: Favorite Recipes

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PROGRAM	PREGNANCY & POSTPARTUM
TOPIC	NUTRITION
MODULE	HENG OU: FAVORITE RECIPES

A significant part of recovering from birth in the postpartum period will be nourishing your body with food that is full of healing properties, warm, and easy-to-digest. These three recipes from Heng Ou’s book, *The First Forty Days: The Essential Art of Nourishing the New Mother*, embody these nourishing aspects for postpartum healing and are simple to prepare. In my conversation with Heng Ou, “[In Conversation: Food That Heals](#),” we take a deeper dive into food recommendations for the postpartum period.

Recipes

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A mix between oatmeal and porridge, this simple meal is easily digestible and delivers excellent nutrition, especially for lactation.



Oats & Chia Congee

INGREDIENTS

serves 6

- 2 cups (180 g) rolled oats
- 1½ cup (235 g) steel-cut oats
- 1-inch (2.5 cm) piece of fresh ginger, peeled and halved
- Pinch of sea salt
- ¼ cup (40 g) chia seeds

TOPPINGS

- 1 cup (240 ml) milk or cream of choice
- 2 tablespoons of coconut oil or butter
- ¼ cup (60 ml) maple syrup, or to taste
- Fresh or frozen berries
- Chopped almonds or other nuts

Tips

To make it even more easy to digest and cut a few minutes off the cooking time, soak the oats in water for a few hours, or overnight, with a little squeeze of lemon juice and a pinch of salt.

Freezing option: After the grains are cooked, let it cool on the stovetop. Spray muffin tins with cooking spray and portion the grains into the cups of the muffin tin. Flash-freeze for 4-5 hours, or until firm. Remove frozen portions from muffin tin and place into large zip-tight plastic bags and place back into the freezer. When you are ready to eat, add one or two to a saucepan with some milk or water and reheat over low heat for 3-4 minutes, uncovered.

STEPS

- ① In a medium pot, bring 4 ½ cups (1 L) water to a boil over medium-high heat.
- ② Add rolled and steel-cut oats, ginger, and salt to the pot.
- ③ Reduce heat to medium and let it cook for 10 minutes.
- ④ Reduce heat to low and simmer for another 15 minutes; add more water if needed.
- ⑤ Add chia seeds during the last 15 minutes of cooking, stirring occasionally.
- ⑥ Once the grains are soft and creamy, and most of the liquid is absorbed, remove from heat.
- ⑦ Serve warm with the toppings of your choice.

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A simple meal made from basic pantry ingredients that you can individualize with spices and flavorings of your choice.



Quinoa, Lentils, & Greens Soup

INGREDIENTS

serves 8

- ¾ cup (85 g) peeled and roughly chopped white or yellow onion
- 3 tablespoons olive oil or coconut oil
- Sea salt
- 2 quarts (2 L) homemade or store bought broth
- 2 tablespoons ground cumin
- 4 medium carrots, peeled, quartered, and cut into small cubes
- 2 cups (400 green lentils)
- 1½ cups (255 g) quinoa
- 3 cups (195 g) roughly chopped curly kale (stems included)
- 1 tablespoon soy sauce, tamari, or Bragg Liquid Aminos
- 3 tablespoons nutritional yeast (optional)

Tips

Store leftovers in a glass storage container in the fridge for 3-4 days. This soup also freezes well for up to 3 months.

STEPS

- ① In a medium size pot over medium heat, saute the onions in the oil with a pinch of salt until they brown on the edges and are tender.
- ② Add the broth, cumin, carrots, and lentils, bring to a boil over high heat, then reduce the heat to medium-low and cook, stirring occasionally for 30-40 minutes, or until the carrots and lentils have begun to soften.
- ③ Add the quinoa and kale, reduce the heat to a simmer, and cook for another 15 minutes, covered, until the quinoa is cooked and the kale is tender.
- ④ Remove from heat, season with the soy sauce and the nutritional yeast, if using, and stir in a pinch of salt, or season to taste. Serve warm.

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A light and warming meal that is easy to make. Ginger is known to boost blood circulation.



Ginger Fried Rice

INGREDIENTS

serves 2

- 2 cups (410 g) cooked white rice (leftover rice works great too!)
- 3 tablespoons sesame oil, plus more as needed
- 3 pieces of 2-inch (5 cm) bacon slices (optional)
- 2 cloves garlic, finely chopped
- 1 slice of fresh ginger, peeled and thinly sliced
- 2 large pasture-raised eggs, beaten with a pinch of sea salt
- 2 tablespoons thinly sliced green onion
- Salt and pepper to taste

Tips

Add more oil to the pan while frying the rice to keep it from drying out or sticking to the pan.

Add in vegetables of your choice for added nutrients.

STEPS

- ① Wash and rinse rice (if not using leftover rice)
- ② Add 1 cup (240 ml) of water to a medium pot and a pinch of sea salt. Bring to a rapid boil over high heat.
- ③ Add the rinsed rice, reduce heat, and cook covered until rice is fluffy and water is absorbed. (Alternatively, use a rice cooker to simplify the process).
- ④ Heat oil in a frying pan over medium-low heat and add: bacon (if using), garlic, and fresh ginger. Cook until tender and fragrant.
- ⑤ Add the cooked rice to the pan and spread it out evenly, making a thick layer, and cook uncovered over medium heat for 10 minutes, stirring occasionally.
- ⑥ Pour the beaten eggs into the rice and continue to stir frequently, until the eggs are cooked, about 5 minutes.
- ⑦ Add the green onions and cook for another 2 minutes, uncovered, until the rice is golden in color and the eggs and onions are cooked.
- ⑧ Season with salt and freshly ground pepper to taste, and serve warm.

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Where We Found Our Information
On This Experience

References



Recipes were created by Heng Ou. Shared with permission. Heng is the author of *The First Forty Days: The Essential Art of Nourishing the New Mother*.