

POSTPARTUM WELLNESS KITCHEN

A warming collection of blood-nourishing, spleen-supportive recipes for the fourth trimester.

SNACK / SWEET

- Steamed Apple & Yam “Crisp”
- Rose Pistachio Stuffed Dates
- Black Bean Butter Brownies
- Tahini Date Nourish Cookies
- Tahini Cups
- Homemade Marshmallows

NOURISHING TONICS

- Mother’s Tea
- Reishi Cacao Rose Latte
- Black Sesame Bean Latte
- Apple + Fennel Digestive Tea

BROTHS / CONGEE

- Hen and Ginseng Congee
- Beef Bone Broth
- Congee (Job’s Tears & White Rice)
- Schisandra Berry Congee

SNACK / SWEET

🍏 Steamed Apple & Yam “Crisp”

BASE: 1 cosmic crisp apple (sliced), small handful Chinese or Japanese yam (cubed), water to cover.
Instructions: Steam until tender.

TOPPING: Rolled oats, crushed walnuts, pumpkin seeds or flax seeds, goji berries, ginger, cinnamon, coconut flakes, black sesame seeds, butter, honey, salt. Steps: Mix, bake at 300°F for 15 minutes. Add half a can of coconut milk on top.

HERBAL ADDITIONS: 1 tsp powdered Fu Ling mixed into apples after steaming; chopped dried lotus seed for Shen support; small amount of dried tangerine peel tea as steaming liquid.



Why it works: Apples and yams support the Spleen and Stomach Qi, while the herbal additions provide specific organ support. Fu Ling drains dampness, and lotus seed calms the mind (Shen) during the intense postpartum transition.

ROSE PISTACHIO STUFFED DATES

Postpartum Pistachio–Almond Rose Stuffed Dates — Makes 12 stuffed dates

INGREDIENTS

12 large Medjool dates
⅓ cup shelled pistachios (lightly toasted)
¼ cup blanched almonds (lightly toasted)
1 Tbsp ghee (melted)
1–1½ Tbsp raw honey
1 tsp rose water
¼ tsp ground cardamom
pinch of cinnamon
pinch of dried ginger powder (optional)
pinch of mineral salt

GARNISH

1 Tbsp finely chopped pistachios
1 tsp crushed culinary rose petals
Optional drizzle of warmed honey-ghee

METHOD

1. Pit the dates by slicing lengthwise.
2. In a food processor, pulse almonds and pistachios into a coarse crumb.
3. Add ghee, honey, rose water, and spices. Pulse until a sticky paste forms.
4. Stuff each date with a spoonful of the nut mixture.
5. Garnish with chopped pistachios and rose petals.
6. Drizzle with extra honey-ghee if desired.

Energetics: Dates and almonds are deeply tonifying to Blood and Qi. Rose water gently moves stagnant Liver Qi (helpful for mood), while cardamom and ginger support Spleen warmth and digestion.



BLACK BEAN BUTTER BROWNIES

Dense • Chocolatey • Blood-nourishing — Makes 9–12 brownies

INGREDIENTS

1 can (15 oz) black beans (rinsed)
2 large eggs
1/3 cup melted coconut oil or butter
2/3 cup maple syrup
2/3 cup unsweetened cocoa powder
1/2 cup almond butter or tahini
1 tsp vanilla extract
1/2 tsp baking soda
1/4 tsp sea salt
Optional: cacao nibs or dark chocolate chips, pinch cinnamon

TOPPING

Butter (16 small cubes, ~1/8 inch)
Sea salt sprinkle
Cinnamon dusting

INSTRUCTIONS

1. Preheat oven to 350°F. Grease 8×8 pan.
2. Blend beans, eggs, oil, syrup, and vanilla until smooth.
3. Add cocoa, nut butter, soda, salt. Blend.
4. Fold in optional chocolate chips.
5. Pour into pan.
6. Dot with butter cubes.
7. Sprinkle with salt and cinnamon.
8. Bake 25–30 minutes until edges pull away.
9. Cool completely before slicing.
10. Slice into 9 or 12 brownies.

Note: These are fudgy, chocolatey, blood-nourishing brownies.



TAHINI DATE NOURISH COOKIES

Soft • Chewy • Mineral-rich • Postpartum supportive — Makes ~13 cookies

INGREDIENTS

1 cup rolled oats
¾ cup tahini
¼ cup softened butter or coconut oil
8–10 Medjool dates (pitted)
4 tbsp maple syrup
2 tbsp goji berries
2 tbsp black sesame seeds
2–3 tbsp potato starch
½ tsp baking soda
½–1 tsp cinnamon
1 tsp vanilla extract
pinch of sea salt

INSTRUCTIONS

1. Preheat oven to 350°F. Line a baking sheet.
2. Blend dates, tahini, butter, syrup, and vanilla into a smooth paste.
3. Fold in oats, starch, soda, cinnamon, and salt.
4. Stir in goji berries and black sesame seeds.
5. Roll into balls and flatten onto sheet.
6. Bake for 10–12 minutes until golden.
7. Cool on the sheet for 5 minutes.

Storage: Keep in an airtight container for 3 days or freeze for up to 1 month.



TAHINI CUPS

These simple tahini cups combine rich sesame tahini, coconut oil, cocoa, and maple syrup into a creamy, melt-in-your-mouth snack. They're easy to prepare ahead of time and keep beautifully in the refrigerator or freezer, making them an especially lovely little treat to have on hand during the postpartum season or while nursing.

Ingredients

Chocolate Layer

⅓ cup tahini

2½ tablespoons melted coconut oil

1 teaspoon vanilla extract

3 tablespoons unsweetened cocoa powder

2 tablespoons maple syrup

Tahini Layer

⅓ cup tahini

2 tablespoons melted coconut oil

1 teaspoon vanilla extract

2 tablespoons maple syrup

Himalayan sea salt, for sprinkling

Method

1. Prepare the cups

Line a 12-cup muffin tin with muffin liners. Lightly coat the liners with coconut oil and set aside.

2. Make the chocolate layer

In a medium bowl, combine the tahini, melted coconut oil, vanilla, cocoa powder, and maple syrup. Stir until completely smooth and creamy.

3. Make the tahini layer

In a separate bowl, combine the tahini, melted coconut oil, vanilla, and maple syrup. Stir until smooth and well incorporated.

4. Create the chocolate base

Spoon a heaping ½ tablespoon of the chocolate mixture into each muffin liner. Once all 12 cups are filled, gently tap or shake the muffin tin against the counter to help the chocolate layer settle into an even layer.

5. Add the tahini layer

Spoon a heaping ½ tablespoon of the tahini mixture over each chocolate layer. Gently tap or shake the muffin tin again to create an even surface.

6. Finish with sea salt

Sprinkle each cup with a small pinch of Himalayan sea salt.

7. Chill

Place the muffin tin in the freezer for approximately 30 minutes, or until the cups are firm.

To Enjoy

Remove from the freezer and allow to soften for a few minutes before eating. Store in an airtight container in the refrigerator for a softer, creamier texture or in the freezer for a firmer treat.

Postpartum Nourishment Note:

Keep a few of these in the freezer for those moments when you need something quick, satisfying, and easy to enjoy with one hand while holding your baby.



HOMEMADE MARSHMALLOWS



INGREDIENTS

1 cup milk (divided)
3 tbsp gelatin
½ cup honey or maple syrup
2 tsp vanilla extract
pinch of mineral sea salt

DIRECTIONS

1. Bloom gelatin in 1/2 cup cold milk.
2. Heat remaining milk and honey in a small pan.
3. Combine both and whisk with vanilla and salt until stiff peaks form.
4. Pour into a parchment-lined pan and set in the fridge.
5. Once set, cut into large cubes.

Fusing the Western comfort of a bouncy marshmallow with the nourishing profile of bovine gelatin, these are a 'Shen-calming' treat when added to a warm latte or chocolate tonic.



NOURISHING TONICS

MOTHER'S TEA

A targeted herbal infusion to support uterine recovery and calm the spirit. — Yield: 16 oz

INGREDIENTS

12 g motherwort (Yi Mu Cao)
10 g Schisandra berries (Wu Wei Zi)
4 tsp dried lemon balm
2 tsp fennel seeds
4 tsp goji berries
4 g licorice root
2 red dates (pitted)
16 oz filtered water

METHOD

1. Combine all herbs and dried fruits in a medium pot with the water.
2. Bring to a gentle boil, then immediately reduce heat to a low simmer.
3. Simmer uncovered for 15–20 minutes until the liquid has slightly deepened in color.
4. Strain through a fine-mesh sieve into a mug.
5. Drink warm throughout the day for maximum efficacy in tonifying Blood and Qi.



REISHI CACAO ROSE LATTE

Rich cacao meets earthy reishi, fragrant rosewater, and warming spices in this comforting cup. Naturally sweetened with honey or maple syrup, it makes a beautiful evening ritual or nourishing moment of pause.

Ingredients

- 2 tablespoons organic cacao powder
- 1–2 teaspoons reishi powder
- 1–2 tablespoons raw honey, to taste
- 2 tablespoons rosewater
- Pinch of cardamom
- Pinch of cinnamon
- Pinch of sea salt
- ½ teaspoon vanilla extract
- 8 ounces coconut milk
- 8 ounces water

Optional

- Homemade marshmallow, for topping

Method

1. Warm the cacao: Add the coconut milk, water, cacao powder, reishi powder, cardamom, cinnamon, sea salt, and vanilla to a small saucepan. Warm gently over medium-low heat, whisking until the cacao and reishi are fully incorporated and the mixture is hot but not boiling.
2. Add the rosewater. Remove from the heat and stir in the rosewater.
3. Froth: Use a handheld frother to blend and create a light, creamy foam. For an extra frothy cup, froth once while warming and again after adding the rosewater.
4. Serve: Pour into your favorite mug and finish with a homemade marshmallow, if desired.

A Little Ritual:

Take a few quiet moments with your cup before diving back into the day. Let the warmth, aroma, and sweetness make this more than something to drink; let it become a small ritual of nourishment and rest.



BLACK SESAME BEAN LATTE

INGREDIENTS (Makes 4-6)

1 can black beans (rinsed)
1 can coconut milk
1 cup toasted walnuts
4 Tbsp black sesame seeds
6 jujubes (pitted)
2 Tbsp goji berries
1 tsp ginger powder
2 Tbsp honey
2 cups hot water

METHOD

1. Blend beans, milk, nuts, sesame seeds, and fruits until perfectly smooth and creamy.
2. Pour into a pot and stir in the ginger.
3. Gradually whisk in hot water and honey over medium heat.
4. Serve in small cups as a dense, mineral-rich snack latte to replenish Kidney Essence.



APPLE + FENNEL DIGESTIVE TEA

A simple two-part preparation that turns one steamed apple into both a warm, comforting snack and a naturally sweet tea. The apple and fennel offer a gentle digestive combination, while goji berries and red jujube dates transform the steaming water into a nourishing cup inspired by traditional Chinese food therapy.

Ingredients

For the Apple Snack

1 apple, skin on

1 teaspoon fennel seeds

Your favorite nut butter, for drizzling

For the Tea

1 handful goji berries

2 red jujube dates (red dates), pitted if desired

Reserved steaming liquid

Method

1. Steam the apple

Slice the apple into wedges, keeping the skin on. Place the apple wedges and fennel seeds into a steamer and steam until the apple is tender and warm.

2. Make your snack

Remove the steamed apple and place it in a bowl. Drizzle generously with your favorite nut butter and enjoy warm.

3. Make the tea

Rather than discarding the water left from steaming, pour the warm steaming liquid into a cup. Add the goji berries and red jujube dates.

Cover and allow to steep for 5–10 minutes.

4. Enjoy together

Sip the tea warm alongside your steamed apple and nut butter snack.

Traditional Food Therapy

Apple + fennel create a warm, gentle preparation traditionally enjoyed to support digestion and ease feelings of fullness and bloating.

Goji berries + red jujube dates are traditionally used in Chinese food therapy to nourish and support Qi and Blood. Using the steaming liquid for tea allows you to make the most of the entire preparation while creating a naturally sweet, comforting drink.

Postpartum Note

This is a beautiful option when you want something simple, warm, and nourishing without preparing an entire meal. The combination of a soft cooked fruit, nourishing fat from the nut butter, and warm tea makes it an easy snack to enjoy while resting or nursing.



A top-down view of a large, light-colored ceramic bowl filled with a thick, white congee. The congee is garnished with several thin, yellow ginger strips and numerous small, bright green rings of scallions. In the upper right corner, a small, round, light-colored ceramic dish contains more of these garnishes. A white cloth napkin is folded in the upper left. A wooden spoon lies in the lower right corner. The entire scene is set on a light-colored, marble-textured surface.

BROTHS / CONGEE

HEN AND GINSENG CONGEE

A deeply warming Qi & Blood nourishing rice porridge

A cornerstone of traditional Chinese postpartum nourishment, this slow-simmered congee combines tender chicken, white rice, ginger, red jujube dates, goji berries, and ginseng into a creamy, deeply nourishing meal. Gentle and easy to digest, it is traditionally enjoyed to replenish Qi and Blood, warm the middle Jiao, and support the body through the recovery and rebuilding that follows childbirth.

Ingredients

Makes 4 servings

1 organic hen or whole chicken, quartered

1 cup white jasmine rice, rinsed

8–10 cups filtered water or chicken bone broth

15 g dried ginseng root (Ren Shen)

5 red jujube dates (red dates), pitted

2-inch piece fresh ginger, sliced

¼ cup goji berries, soaked

Sea salt, to taste

For Serving

Spring onions, thinly sliced

A small drizzle of sesame oil

Method

1. Build the nourishing broth

Place the chicken, sliced ginger, and ginseng root into a large pot. Add the filtered water or chicken bone broth and bring to a gentle boil. As the broth heats, skim away any foam that rises to the surface.

2. Add the rice & dates

Stir in the rinsed jasmine rice and red jujube dates. Reduce the heat to low, cover, and gently simmer for 1½–2 hours.

Continue cooking until the rice has broken down into a creamy, soft porridge and the chicken is tender.

3. Shred the chicken

Carefully remove the chicken pieces from the pot. Allow them to cool enough to handle, then remove the bones and skin and shred the meat into bite-sized pieces.

Return the shredded chicken to the congee and stir well.

4. Add the goji berries

Stir in the soaked goji berries and simmer for another 5 minutes.

5. Season & serve

Season gently with sea salt to taste. Ladle into bowls while warm and finish with sliced spring onions and a small drizzle of sesame oil.

Traditional Food Therapy

This congee brings together several traditional postpartum ingredients in one gentle meal. Chicken and rice provide a nourishing foundation, while ginger warms the middle Jiao and supports digestive function. Red jujube dates and goji berries are traditionally used to nourish Qi and Blood, while ginseng is traditionally regarded as a potent Qi tonic.

Together, these ingredients create a meal intended to tonify Qi and Blood, warm the middle Jiao, and nourish Essence during the postpartum rebuilding period.

Postpartum Nourishment Note

Enjoy this congee warm, particularly as a first meal of the day.

Its soft, cooked texture makes it an especially comforting choice when digestion feels delicate or when you want a substantial meal that doesn't require much effort to eat.



BEEF BONE BROTH

Slow-simmered marrow broth with ginger, goji & red jujube
Rich, deeply nourishing, and made for sipping by the warm mugful, this slow-cooked beef bone broth brings together marrow-rich bones, warming ginger, mineral-rich vegetables, and traditional Chinese food-therapy ingredients. It's especially lovely to have prepared ahead during the postpartum season when a warm cup of broth can become an easy addition to a meal or a nourishing snack between meals.

Ingredients

Base Broth

32 ounces frozen beef marrow bones

3 tablespoons apple cider vinegar

5 carrots, roughly chopped

1 large onion, roughly chopped

1 palm-sized knob fresh ginger, sliced

Whole black peppercorns, to taste

Water, enough to fully cover the ingredients

Herbal & Chinese Food-Therapy Additions

Fresh rosemary

Fresh parsley

¼ cup goji berries

5–6 red jujube dates (Chinese red dates)

To Finish

Sea salt, to taste

Method

1. Begin with the bones

Place the frozen beef marrow bones into a slow cooker and pour the apple cider vinegar over them. Allow the bones to sit with the vinegar for 10–20 minutes.

2. Add the aromatics

Add the chopped carrots, onion, sliced ginger, and whole black peppercorns. Pour in enough water to completely cover the bones and vegetables.

3. Slow simmer

Cover and cook on HIGH for 1–2 hours. Reduce the temperature to LOW and continue cooking for 24–28 hours.

4. Add the final infusion

During the final 5–6 hours of cooking, add the fresh rosemary, parsley, goji berries, and red jujube dates. Continue cooking on LOW to allow the herbs and fruits to gently infuse into the broth.

5. Strain & season

Strain the broth through a fine-mesh strainer, removing the bones, vegetables, herbs, and other solids. Season with sea salt to taste.

To Enjoy

Pour into a warm mug and sip on its own, or use as the nourishing base for soups, stews, rice, congee, and other postpartum meals.

Postpartum Nourishment Note

Having a pot of broth ready in the refrigerator or freezer can make nourishing yourself feel much easier during the postpartum season. Warm a cup whenever you need something comforting, or use it throughout the week to add depth and nourishment to simple meals.



JOB'S TEARS CONGEE

5 servings — Strengthening the Spleen and draining dampness.

This deeply nourishing congee brings together Job's tears, white rice, Shan Yao, Fu Ling, Dang Gui, fennel, ginger, walnuts, and coconut milk in a creamy, warming bowl. Traditionally inspired by Chinese food therapy, it is designed to support the Spleen and digestion while nourishing Qi, Blood, and Essence and gently addressing excess dampness.

Ingredients

Makes 5 servings

1½ cups Job's tears (Yi Yi Ren), soaked overnight if possible

½ cup white rice

9 g Dang Gui

40 g dried Shan Yao

30 g Fu Ling, crushed

2 tablespoons fennel seeds, lightly crushed

1 fistful fresh ginger, finely chopped

or 2 tablespoons ground ginger

1 (13.5-ounce) can full-fat coconut milk

3 tablespoons walnuts, roughly chopped

1 handful goji berries, plus additional fresh goji berries for garnish if available

10 cups water, or bone broth for a richer base

3 tablespoons ghee

Pinch of mineral salt, optional

For Serving

Almond butter or tahini, optional

Additional walnuts or goji berries, optional

1. Prepare the grains

If possible, soak the Job's tears overnight. Before cooking, rinse the Job's tears and white rice thoroughly.

2. Build the congee

Add the Job's tears and rice to a large pot along with the Dang Gui, Shan Yao, Fu Ling, fennel seeds, ginger, and water or bone broth.

Bring to a boil, then reduce to a gentle simmer.

3. Slowly cook

Cover partially and simmer for 60–90 minutes, stirring occasionally. Add additional water or broth as needed until the grains become soft and the congee reaches a creamy, spoonable consistency.

4. Add the coconut milk & nourishment

Stir in the full-fat coconut milk, walnuts, and goji berries during the final 10–15 minutes of cooking. Continue simmering gently until warmed through.

5. Finish

Stir in the ghee and a small pinch of mineral salt, if desired.

6. Serve warm

Ladle into bowls and finish with a spoonful of almond butter or tahini. Garnish with additional walnuts and goji berries.



SCHISANDRA BERRY CONGEE

A gently nourishing rice porridge with coconut milk, goji & honey

This simple congee combines soft-cooked rice and Job's tears with tart, aromatic schisandra berries, creamy coconut milk, and goji berries. The result is a comforting bowl that can be enjoyed warm for breakfast or as a nourishing snack throughout the postpartum season.

Ingredients

Makes approximately 4 servings

¼ cup white rice, rinsed

½ cup Job's tears (Yi Yi Ren), rinsed and soaked overnight if possible

2 tablespoons dried schisandra berries (Wu Wei Zi)

6 cups filtered water

½ can full-fat coconut milk

2 tablespoons goji berries

1 tablespoon honey, or to taste

Method

1. Prepare the grains

If possible, soak the Job's tears overnight. Rinse the Job's tears and rice before cooking.

2. Cook the congee

Add the rice, Job's tears, schisandra berries, and water to a large pot. Bring to a boil, then reduce to a gentle simmer. Cook for approximately 60–90 minutes, stirring occasionally, until the grains become soft and the mixture develops a creamy porridge-like consistency. Add more water as needed to reach your preferred consistency.

3. Finish with coconut milk

During the final 10 minutes of cooking, stir in the coconut milk and goji berries. Continue gently simmering until warmed through and creamy.

4. Sweeten & serve

Remove from the heat and allow to cool slightly before stirring in the honey. Serve warm.

Traditional Food Therapy

Schisandra berry (Wu Wei Zi) is traditionally used in Chinese herbalism to astringe and preserve fluids, support Qi, and nourish the Heart and Kidney systems.

Job's tears (Yi Yi Ren) are traditionally used to support the Spleen and transform dampness, while rice provides a gentle, easily digestible foundation.

Goji berries are traditionally used to nourish Blood and Yin, while coconut milk adds richness and satisfying fat to the bowl.

