



# Postpartum Healing Lodge: The Recipes

by  
Raeanne Madison, MPH

[www.postpartumhealinglodge.com](http://www.postpartumhealinglodge.com)

# How to use the recipe book



Warmth. Nourishment. Closing. Kinship.

Each recipe was written with these four principles in mind. The foods and drinks presented in this book are intended to warm the body from the inside out, nourish the birthing person's body and spirit, close the placental site wound and close the birthing ceremony, and root the birthing person in their rightful place as the center of everything good and true about Indigenous love.

I draw heavily from my Mexican heritage when I cook, as is reflected in my recipes. There are so many similarities in the cuisine from South and North - the focus is always slow cooked, seasonal vegetables, high quality hunted or organic meats, and tons of flavor from herbs and spices. These are just templates, though. Feel free to start experimenting with your own style. Play around with different ingredients and flavors. Make substitutions as needed.

Each meal and drink can be given to the birthing person immediately after birth and can be enjoyed in unlimited amounts in the first 2+ months postpartum. Each recipe states whether or not it can be batch-cooked and frozen for later use, and whether or not it can be prepared in a slow cooker.

The best way to become familiar with the medicine of these meals and drinks is to prepare them for yourself and just have fun!

**From my ancestors to yours,**

Enjoy!

**[www.postpartumhealinglodge.com](http://www.postpartumhealinglodge.com)**

# Ingredient List

*for a well-stocked postpartum pantry*



## Pantry and Fridge

Fish, chicken, turkey, and duck, beef, bison, yak, venison, bacon, mushrooms - dried or fresh, corn meal or masa harina, oats, oat flour, wild rice, white, brown, Jasmine, & basmati rice, dried fruits, nuts and seeds, eggs, summer, fall, and winter squash, grass fed butter and ghee, dried beans and lentils, cocoa powder, tablillas de xocolatl (tabs of drinking chocolate) almond meal, chia seeds, sesame seed paste (tahini), miso paste (red and yellow), tomato paste, vegetable bouillon, fresh or frozen seasonal vegetables, nopales, potatoes, sweet potatoes, hominy/posole, raw honey, 100% pure maple syrup, pickled eggs, pickled carrots and beets, kimchi and curtido, tepache, apple cider vinegar, red and white wine vinegars, cultured dairy

## Herbs and Spices

Sea salt, black, white, and pink peppercorns, clove, allspice, ginger, fennel, epazote, cinnamon, rosemary, Mexican oregano, laurel bay leaf, hojas de aguacate, garlic, turmeric, nettles, yarrow, basil, chiles, cumin, smoked paprika, negra pasilla and other pepper blends

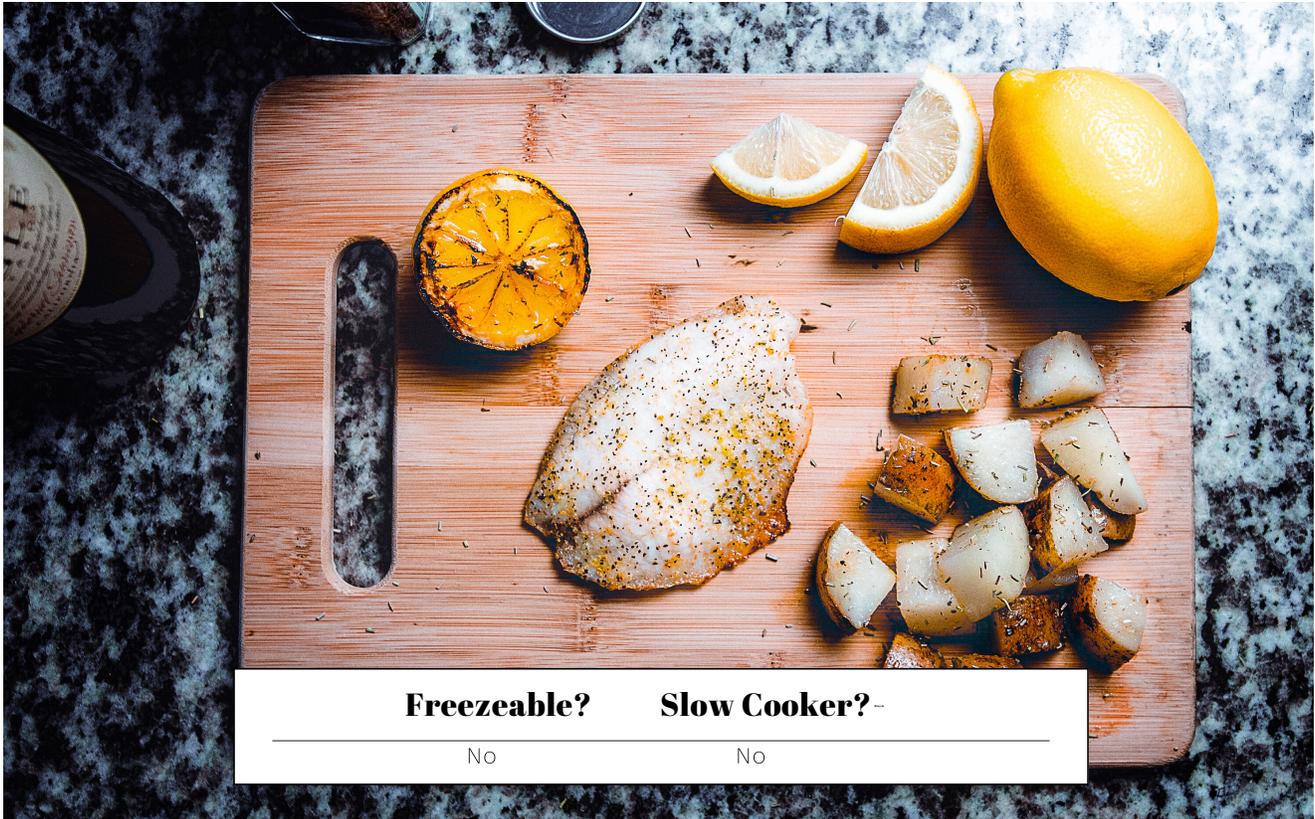
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## Ancestral Wisdom

Our ancestors spent the Autumn season preparing foods for Winter thriving. Expecting families may wish to spend the last trimester of pregnancy preparing their pantry and freezer for the upcoming newborn season. Batch cook freezer meals and be sure to include lots of bone broth and veggie stocks.

# Baked Whitefish

*with lemon*



## Ingredients

- 2 whitefish fillets, fresh or thawed if frozen
- 1/2 lemon, sliced
- Sea salt and black peppercorn to taste
- Parsley (dried) to taste
- 6 tabs of salted butter

## Directions

Place fish fillets in glass baking dish, skinside down. Line the fillet meat with salt and pepper, parsley, butter, and lemon slices in that order. Bake at 350 degrees for 20 minutes or until cooked through.

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## Ancestral Wisdom

Fish is the first traditional food fed to a new parent after birth. Ideally, it should be hand-fed to the new parent in reverence for their journey and accomplishment.

# Homemade Beans

*with herbs and spices*



**Freezeable?**

Yes

**Slow Cooker?-**

Yes

## Ingredients

- 2 cups dried beans - choose a hearty variety that won't fall apart easily such as black turtle, cranberry, pintos, or a mixture of those
- 1 sweet white or yellow onion, chopped
- 4 cloves garlic, mashed
- 1 bay leaf
- 2 medium to large hojas de aguacate
- 2 teaspoons dried epazote
- 1 tablespoon smoked paprika
- 1 teaspoon negra pasilla
- 2 teaspoons cumin
- sea salt and black pepper to taste
- optional add-ins: 1 cup chopped carrots and celery

## Directions

Soak beans in a large bowl of water overnight or for at least 6 hours. Remove beans from the soaking water and rinse thoroughly. Place all ingredients, except for salt, in a slow cooker and cover generously with water or chicken bone broth. Add salt in the last hour of cooking. Cook on high for 8 hours. Serve over rice with plenty of the bean water to soak in the rice and a swirl of cultured sour cream or yogurt. Save leftovers for stirring into eggs and serve with fresh tortillas or cornbread.

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## Ancestral Wisdom

Nothing beats the taste of freshly homeade, slow cooked beans. While many people may be afraid of beans, this method produces little to no gassiness and has MANY benefits to the physical and spiritual bodies.

**Freezeable?**

Yes

**Slow Cooker?**

Yes

# Velvety Bean Soup



## Ingredients

- 3-4 cups cooked beans with bean water/broth (use Homemade Beans recipe)
- 2 tablespoons tomato paste
- 2 cups chopped vegetables of choice - carrots, winter squashes, celery, tomatoes, sweet potatoes, or mushrooms

## Directions

In a dutch oven or large pot, sauté produce in butter, ghee, or coconut oil until vegetables are golden brown but not charred. Add the bean soup and water/broth, tomato paste, and cooked vegetables. Bring to a boil, then simmer on medium for 30-60 minutes, stirring occasionally to prevent sticking. Use a stick blender to blend the soup to a smooth consistency. Serve with a dash of sour cream or unsweetened yogurt on top alongside fresh tortillas or sourdough bread.

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## Ancestral Wisdom

Soft, warming soups are a staple of the first weeks postpartum. This soup is creamy, rich, and satisfyingly easy to prepare ahead of time. Make a batch to freeze ahead of the birth.

**Freezeable?**

Yes

**Slow Cooker?**

Yes

# Beans and Greens Soup



## Ingredients

- 3-4 cups cooked beans with bean water/broth (use homemade beans recipe)
- 2 tablespoons tomato paste
- 3 cups chopped seasonal greens such as swiss chard, rainbow chard, spinach, kale, collard, mustard, and arugula - fresh or thawed if frozen
- 4-8 chilepin peppers OR alternatively, one chipotle en adobo without the sauce finely diced
- 1 sweet white or yellow onion, slivered, and caramelized
- 1/2 pound thick-cut pepper bacon, cooked and chopped into bite size pieces

## Directions

In a dutch oven, stock pot, or slow cooker, add all ingredients and bring to a boil. Reduce heat and simmer on low-medium until greens are cooked through and the flavors have developed - at least 1 hour. Serve over rice with a swirl of cultured sour cream or unsweetened yogurt and a side of cornbread or fresh tortillas.

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## Ancestral Wisdom

Seasonal greens are a powerhouse food - and they taste fantastic when simmered in the juices of homemade beans and hot peppers (chilepins or chipotles). Be sure to double-wash fresh greens to remove all dirt and hop-alongs (AKA bugs).

# Wild Rice Casserole

*with cranberries and pecans*



## Ingredients

- 1 cup wild rice
- 1 cup frozen or fresh cranberries
- 1/4 cup 100% pure maple syrup
- 1/4 cup toasted pecans, chopped
- Grassfed butter to taste

## Directions

Place wild rice, cranberries, and maple syrup in a medium stock pot with enough water to cover generously. Bring to a rolling boil then reduce heat to medium-low. Stir occasionally to prevent sticking. Add more water as needed to keep the rice from drying out. Simmer on low for 45 minutes to one hour. Sweeten to taste with more maple syrup if needed. Toss in toasted pecans and butter before serving.

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## Ancestral Wisdom

Simple yet profoundly healing, this dish connects us to our ancestors and roots us in the lands on which they made their lives. Maple syrup is a medicine in and of itself - it's high in magnesium, iron, and natural sweetness.

**Freezeable?**

Yes

**Slow Cooker?**

Yes

# Beef or Bison Bone Broth



## Ingredients

- 4 quarts filtered water
- 2 pounds bison or beef bones and/or oxtails, fresh or thawed if frozen
- 2 whole garlic bulbs, skin intact
- 1 whole red onion, skin intact
- 4 large carrots, skin intact, rough chopped
- 2 large celery stalks, rough chopped
- 2 cups dried mushrooms of choice
- 4 tablespoons black peppercorns, whole
- 4 laurel bay leaves
- about 8 tablespoons sea salt
- 1/4 cup apple cider vinegar or red wine vinegar

## Directions

In an oven safe dutch oven or large stock pot, drizzle bones and oxtails generously with olive oil and roast in the oven at 375F for one hour. Transfer the cookware to the stovetop (or slow cooker) and cover with water and add the remaining ingredients. Simmer on low for 8-12 hours. Skim off any "scum" that forms, but leave the fat that pools at the top (that's the medicine!). Strain off the solid ingredients and serve immediately or store in fridge for up to one week, or freeze for up to one year.

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## Ancestral Wisdom

Bison or beef bone broth works fabulously with any dish that features beans, mushrooms, tomatoes, and dark meat. Always serve with some form of vitamin C for ultimate iron-absorption - think tomato paste, salsa, lime juice, etc.

**Freezeable?**

Yes

**Slow Cooker?**

Yes

# Herbal Vegetarian Broth



## Ingredients

- 3 quarts filtered water
- 2 tablespoons each of the following herbs, dried:
  - nettles
  - rosemary
  - basil
  - thyme
  - parsley
- 2 tablespoons black and pink peppercorns
- 2 tablespoons coarse sea salt
- 2 large carrots, rough chopped with skin on
- 1 whole garlic bulb with skin on
- 1 whole large white or yellow onion with skin on
- Juice of one lemon

## Directions

In a large dutch oven, stockpot, or slow cooker, add all ingredients and simmer on low for 4 hours or until a strong, aromatic tea is brewed. Strain before serving.

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## Ancestral Wisdom

This makes a great base for vegetarian soups and rice dishes. This broth is highly aromatic and will brighten up the mood. It can be enjoyed as is, in a big mug with a slice of sourdough or cornbread on the side..

**Freezeable?**

**Slow Cooker?**

No

Yes

# Herbal Tea

## *Toning*

### **Ingredients**

3 cups filtered water  
1 tablespoon each of  
dried nettles, oatstraw,  
red raspberry leaf, and  
red clover leaf

### **Directions**

Bring to a gentle rolling boil then simmer on low until a strong, dark green tea is made. Drink hot with maple syrup or honey to sweeten if desired. Drink unlimited amounts of this tea immediately after birth and for the first 4-6 weeks.

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### **Ancestral Wisdom**

This tea tonifies the uterus, reduces cramping, and delivers important nutrients directly to the body. It also supports the new parent to make abundant breastmilk.

**Freezeable?**

**Slow Cooker?**

No

Yes

# Maple Water with Lemon

*Nourishing*

## Ingredients

4 cups filtered water  
1/4 cup 100% pure maple syrup  
Juice of 1/2 lemon

## Directions

Stir the maple syrup and lemon juice into hot or warm water. Drink warm or at room temperature in place of regular water. This can be enjoyed in unlimited amounts in the days after birth - it will bring sweetness to the birthing person.

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## Ancestral Wisdom

Naturally high in iron and micronutrients that will help heal the body, maple syrup is yet another precious medicine to the Anishinaabe. I drank this by the crockpot full after the birth of my second child.

**Freezeable?**

No

**Slow Cooker?**

No

# Atole

## *Nourishing*

### **Ingredients**

3 cups filtered water  
1 cup masa harina OR finely  
ground corn meal  
1/2 teaspoon ground  
cinnamon  
1 tablespoon apple cider  
vinegar  
2 small piloncillo cones

### **Directions**

Whisk masa harina and cinnamon in water so there are no clumps. Bring to boil over medium-high heat. Turn down to simmer, add piloncillo cones and apple cider vinegar. Let simmer for 10-15 minutes or until piloncillo has fully dissolved. Serve with a dash of butter or ghee. For extra nutrition, you could add a spoonful of chia seeds right before serving.

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### **Ancestral Wisdom**

There's something so magical about atole and its many variations. Atole fortifies the body for making milk and wound healing. It also brings warmth and vitality back to a tired body.

# Sample Meal Planner

Meal

Meal

Drink



## **Raeanne Madison, MPH**

traditional postpartum doula

# **Thank you!**

From my ancestors to yours - thank you for taking the time to learn these special postpartum recipes. I just know that you'll carry these teachings forward in a good, healthy way as you use your gifts to create a new paradigm of postpartum care in your community.

## **learn more!**

Did reading these recipes stir something inside of you?  
Perhaps a deeper wish to learn even MORE about traditional  
Anishinaabe postpartum care?

I have an online class dedicated to Anishinaabe postpartum traditions. It's called Postpartum Healing Lodge and it's truly one-of-a-kind. If you're itching to learn more, be sure to sign up for my email list RIGHT NOW so you can be the first to know when my next online cohort is released.

[www.postpartumhealinglodge.com](http://www.postpartumhealinglodge.com)