



Energy Ball's Recipe

These energy balls are packed with **protein** for healing, **fibre** to support your bowel motility and **long acting carbs** to help with slow release of energy.

I prefer them at **warmed up** from the freezer at room temp, and usually let them warm up a little for 10 mins.



RECIPIE

Mix the ingredients, Roll in your hand, Store balls on a tray in freezer

- 100g Oats
- 130g Peanut Butter
- 30g Flax Seed
- 80g Honey
- 40g Choc Chips
- 50g Vanilla Extract
- Pinch of Salt



Remember: Snacks are about fuelling your body and making you feel good. Keep it simple, keep it tasty, and incorporate the advice in our nutrition chapters to optimise your c-section healing and keep energy up during your stay. Pop these in a little cool bag, or ask your hospital about a fridge that you can store food in.

**PREGNANCY + RECOVERY
SNACK IDEAS THIS WAY**



Berry & Oat Smoothie

This smoothie focuses on healing anti oxidants and iron, with hydrating properties that can be delivered quick and on the go with one hand!

1. 180g Frozen Berries
2. 10g Oats
3. 2 Tbsp Honey
4. 1 Banana
5. 200ml Any Milk
6. 30g Spinach



Blend up and **enjoy** - Make sure to send Midwife Vic and the team a **pic** of you enjoying it with your bump or baby



HEAD TO THE NUTRITION CHAPTERS IN THE RECOVERY COURSE FOR MORE IN-DEPTH + GUIDANCE