

Mammas Oatmeal

This recipe was created by Shell to address the special needs of pregnancy. It is high in iron, protein and calcium. It addresses such issues as gestational diabetes, pre-eclampsia and weight gain. It's also pretty darn tasty!

- 1/4-1/3 cup Irish oats (can substitute steel cut oats if Irish oats aren't available)
- bring to boil 1 1/2 cups of whole milk (or fortified milk substitute if vegan or lactose intolerant)
- a dash of Celtic salt (or sea salt)
- real vanilla if desired
- 1/2 tbl sp black strap molasses
- 1-2 pats of butter (or olive oil)
- stir stir stir stir stir!

After Cooking

- tbl sp raisons, prunes, or cherries (whichever mamma likes!)
- 1/2 oz. (about 10 halves) pecans
- dash of cinnamon (easy does it)
- tbl sp tahinni
- stevia to taste (dosen't take much)
- top with milk (or fortified milk sub)
- wild honey to sweeten if you must (easy does it)

It is important that all ingredients be used. Some ingredients can be altered in amounts to suit mom's particular needs. (I like mine with a little less milk and a little more molasses.)

This recipe constitutes one serving. Mom should have AT LEAST 3-5 servings a week. I make 3 servings at a time and reheat in the morning. What a time saver!

When using the "Brewer's Diet" chart, you can check off the following after enjoying this meal:

- 2 milks
- 1-2 butters
- 1 protein
- 1 grain
- 1 dark leafy green (the combo of fruit, molasses, stevia, and salt provide enough benefit to make this allowance)

What a great start to your day!

Buffalo Joe

This is a fresh twist on the classic sloppy joe. I use ground buffalo meat (found at your local health food store) but you could use hormone free ground chuck/sirloin. Make sure to use hormone free organic meat. It costs a little more, but you and your baby are worth it!

- 1/2 pound of ground buffalo
- 1/2 onion diced
- 1/2 green pepper diced
- 1/2 can/jar of tomato paste (i prefer the organic roma paste)
- salt to taste
- black pepper to taste

- 1-2 cloves garlic minced
- 1-2 tsp Worcestershire sauce
- 1 pat butter
- 1/4 cup water

Melt butter in large sauté pan at medium heat and add onions and green peppers. cook until onions become slightly translucent at edges.

Add meat to the veggie pan along with salt, pepper, garlic and Worcestershire sauce. cook and stir until meat is fully browned, crumbled and incorporated with veggies. (If meat is cold, you may need to turn up the heat for a minute to get things going, don't forget to turn heat back down.)

After meat is browned, add tomato paste and water and stir until it's bubbling again.

Give it a taste and add more salt or pepper if needed.

I like to serve the mix over whole grain bread with a side of steamed veggies (including broccoli for my dark leafy green) and melted cheese over the veggies.

When using the Brewer's diet chart, you can check off the following after enjoying this meal with the side dish I recommend:

- 1 milk
- 1 protein
- 1 leafy green
- 2 whole grain
- 1 "list B" veggie

By the way, this fed me and my husband, double up if you already have little ones to feed!