

## BREAKFAST

### Homemade Yogurt

Made with your choice: honey or vanilla

Indulge in our creamy homemade yogurt, crafted with care and packed with the goodness of probiotics. Each spoonful offers a deliciously sweet tangy taste and a plethora of benefits, including supporting digestive health and boosting immunity. Perfect for postpartum recovery, our yogurt provides essential nutrients and promotes gut health, aiding in overall well-being and nourishment

### Spiced Pumpkin Lactation Loaf

Celebrate the season with our Pumpkin Lactation Bread, a delectable blend of pumpkin puree, warm spices, coconut and bits of dark chocolate. Packed with nutrients known to support lactation, including milk-boosting vitamins and minerals, this moist and flavorful bread is also high in fiber, making it a delicious and nutritious choice for nursing mothers.

### Apple Blueberry Sauce with Granola

Experience the perfect pairing of our Homemade Apple Blueberry Sauce and Granola, a delightful blend of sweet and crunchy goodness. Our sauce, crafted from ripe apples and juicy blueberries, offers a burst of fruity flavor while our wholesome granola provides a satisfying crunch with its dried blueberries, white chocolate and cashews. Packed with vitamins, antioxidants, and fiber, this dynamic duo is a nourishing treat for any time of day, whether enjoyed on its own or sprinkled over yogurt or oatmeal.

## MAIN COURSE

### Savory Turmeric Chickpea Soup

Savory chickpeas, tender sweet potatoes, and cauliflower are simmered in a fragrant blend of turmeric and coconut, creating a rich and aromatic dish bursting with anti-inflammatory goodness. Packed with fiber and protein this curry not only delights the senses but also supports overall well-being. Enjoy a bowl to alleviate common symptoms like sluggishness, brain fog, weight gain, puffiness, bloat, mood disorders, sore joints, and more.

### Stracciatella Sipping Broth

Thoughtfully prepared and brimming with the benefits of homemade bone or veggie broth, this nourishing elixir offers a delicate balance of savory flavors, with the richness of Parmesan cheese. Sip on this broth to savor its comforting warmth and reap the nourishing benefits of homemade broth, known for promoting gut health, supporting immunity, and enhancing overall well-being. Additionally, our broth aids in postpartum recovery by providing essential nutrients to replenish the body, supporting lactation, and promoting hormonal balance.

### Greek Lemon Chicken Soup

This delightful soup features tender chicken, infused with the bright flavors of lemon and complemented by the velvety richness of our signature avgolemono sauce, a traditional Greek sauce made with a combination of eggs, lemon juice, and broth. Perfect for postpartum recovery, our soup provides essential nutrients to replenish the body, support lactation, and promote hormonal balance, aiding in a comforting and rejuvenating experience.

*Our soups are made with homemade bone broth unless request for homemade veggie stock.*

# Eggbaby Eats

## SOOTHING SIPS

### Red Date, Rosebud, Ginger Tea with Honey

Savor the comforting sweet blend of our Ginger Red Date Rosebud Tea, combining warming ginger, sweet red dates, and delicate rosebuds. With its soothing aroma and body-warming ginger, this tea provides a moment of relaxation and rejuvenation in every sip.

### Wood-ear and Red Date Tea

Discover the earthy richness of wood ear mushrooms with the natural sweetness of dates. This revitalizing blend is crafted to support blood flow and circulation while tonifying and nourishing the blood and Chi. Renowned for its ability to reduce high blood pressure, this tea offers a complex and satisfying flavor that promotes overall well-being with each sip.

### Atole De Elote

Celebrate tradition with our Atole de Elote, a warm and comforting corn-based beverage infused with the rich flavors of cinnamon and vanilla. Originating from Mexico, this beloved drink holds a special place in traditional midwifery practices, cherished for its nourishing properties and ability to restore energy during the postpartum period. Made from masa harina and served with love, our Atole de Elote is the perfect way to honor heritage while embracing comfort and well-being.

### Golden Milk

Savor the comforting flavors of our Golden Milk, a sweet and spicy blend of turmeric, spices, and coconut milk, known for its postpartum benefits. This nourishing elixir promotes relaxation and reduces inflammation while supporting overall well-being. Enjoy a cup to indulge in its delicious taste and experience improved mood, brain function, and blood sugar regulation.

## BITES

### Dark Chocolate Dates

Indulge in the decadent delight of dark chocolate-covered dates filled with nut butter and sprinkled with sea salt for the perfect balance of sweet and savory.

### Cookie Dough Bites

Satisfy your cravings guilt-free with our cookie dough protein bites, packed with wholesome ingredients and dark chocolate nibs to fuel your day with delicious energy.

### Sriracha Chickpea Crunch

Elevate your snack game with our zesty Sriracha chickpea snack, showcasing the goodness of chickpeas—a protein-packed superfood—infused with bold flavor for a satisfyingly spicy treat.