

# Easy Lactation Recipes With A Few Ingredients

## Lentil-quinoa salad

- Mix 1/2 cup of various lentil sprouts with 1 cup of cooked quinoa and chopped vegetables of your choice.
- Season with a little salt, black pepper, and lemon juice.



## Sweet potato and peanut butter

- Bake a sweet potato and mash it. Mix it with some sugar-free peanut butter.
- Add a teaspoon of honey to the mix and use it as a spread for bread.



## Corn salad

- Steam soft spinach leaves until tender. Boil corn in a separate vessel.
- Mix the spinach and corn with chopped avocado. Sprinkle some salt and lemon juice before eating.



## Carrot-ginger juice

- Take 2 carrots (chopped) and 1 inch of ginger and blend.
- Strain the juice and add 2 teaspoons of lemon juice before consuming.

