

Perinatal

SMOOTHIES

AND TEAS

*Self care for pregnancy
and the fourth trimester*



Heartlife
HOLISTIC®

by Kathy Morelli, LPC, , SE

Copyright Notice

In no way it is legal to reproduce, duplicate, or transmit any part of this book by other electronic means or printed format..

Any recording of this publication is prohibited, and any storage of this material is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is for personal use only . Under no circumstances will any legal liability or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

This book is copyright protected.

This is only for personal use.

**You cannot amend,
distribute, sell, use, quote, or paraphrase
any part of the content within this book
without the consent of the author or copyright owner.
Legal action will be pursued if it is breached.**

**Copyright 2026 by Heartlife Holistic
All Rights Reserved.**



Disclaimer Notice

This book is for personal use only. The information in this guide is for educational purposes only and is not intended as medical advice. Always consult your physician or healthcare provider regarding pregnancy, nutrition, or health concerns.

Especially if you are having a difficult pregnancy, consult with a doctor before changing your diet or if you have a medical condition.



Self care is not selfish

I hope this book finds you well. We live in stressful and busy times. Self care is incredibly important to maintain a sense of emotional balance. The new field of Nutritional Psychology shows us what all inherently know:

Eating well supports a healthy emotional state.

This little booklet of Smoothies and Teas for the Fourth Trimester is intended to remind you to take care of yourself. Eating well during the day and drinking a warm tea in the evening are some of the myriad of tiny actions you can take to contribute to your well-being. I hope this information will make your journey a little smoother.

Be mindful of your health, mama!



*Kathy Morelli,
LPC, CCA, SEP*





Smoothies and Herbal Teas

Self Care for Pregnancy and the Fourth Trimester:

Table of Contents:

Matrescence

Self Care Isn't Selfish

Nutrition Psychology

Perinatal Depression

Foods to Support

Superfoods

8 Smoothies for Pregnancy

Fourth Trimester

Smoothies for Fourth Trimester

Herbal Tea Party for Fourth Trimester

Herbs for Fourth Trimester

5 Hot Teas and a Cocoa Drink

The World of Plants



The Smoothies

9 Nutritious Pregnancy Smoothies

1. Berry Blast Smoothie
2. Tropical Green Smoothie
3. Oat Banana Smoothie
4. Choco-Berry Smoothie
5. Creamy Coconut and Greek Yogurt Smoothie
6. Chocolate Avocado Smoothie
7. Spinach-Berry Smoothie
8. Pineapple Ginger Maple Smoothie
9. Berry-Nut Smoothie

8 Nutritious Fourth Trimester Smoothies

1. Peanut Butter Protein Smoothie
2. Mango Ginger Green Tea Smoothie
3. Blueberry Fenugreek Smoothie
4. Pineapple Coconut Smoothie
5. Banana Mango Turmeric Smoothie
6. Green Oatmeal Smoothie
7. Vanilla Almond Smoothie
8. Cocoa Avocado Smoothie



Fourth Trimester Teas

1. Chamomile Peppermint Rose Herbal Tea
2. Lavender Vanilla Herbal Tea
3. Turmeric Lemon Honey Herbal Tea
4. Fenugreek Fennel Herbal Tea
5. Hot Cocoa

MATRESCENCE

"Having a baby is like having your heart walking
around
outside of your body."
- Reese Witherspoon

Allow self-care



Matrescence, the transition to motherhood, is a time of great physical and emotional and lifestyle change. As you experience your journey, your personal transition to motherhood, you are experiencing a changing sense of self. Within that identity shift has been a myriad of emotions, changes, and challenges. Perhaps you had fertility challenges and worked through all of those decisions and medical procedures. Perhaps you are an older mom with a career, and the lifestyle change is quite challenging.

Perhaps you had the stress of bedrest. Perhaps you had a calm birth, perhaps you had a traumatic birth. Perhaps you, sadly, had a pregnancy loss. You have been through all of the preparation of birth and the reality of birth, with the massive aftermath of hormonal and physical changes. You then experienced the unique and powerful relationship of the mother-baby bonding and attachment dyad.

All of these experiences are valid and deserve processing. They are all intense. You deserve to hold space for yourself.

Pay attention to yourself, even though it
feels like there is no time.

Make time.



Self care is important to remain healthy, in body and soul. Usually we are so busy we don't plan for self-care. It's important to plan for your self-care. Put yourself on the calendar! Taking mindful breaks, practicing emotion management, walking in nature and practicing good nutrition are all ways to practice self care.

This little book of smoothies and teas is a way for you to practice nutritional self care. The smoothies and teas for pregnant women, new moms, and breastfeeding moms are laid out in an easy format. There's a short list of important ingredients that contain trace minerals, vitamins and proteins important to remain healthy. Smoothies are easy, teas are easy. And they provide trace minerals, vitamins and proteins to support stable emotions and a healthy body,

So this book is about more than smoothies and teas - - it's about supporting and nourishing yourself during this incredibly transformative time. It's about taking care of yourself, both physically and mentally, so that you can be present for yourself and a good enough mom for your baby.

NUTRITION PSYCHOLOGY

Food as Self Care

It's well-known that what we eat impacts our physical condition. Now, current research supports the connection between the mind-body, indicating that what we eat also impacts our mood. This new research is the basis for the field of nutrition psychology. Studies have found that a diet of whole foods, with an emphasis that includes micronutrients, is the basis for good brain and gut health, which stabilizes mood at the molecular level.



In general, what the studies show are that diets high in fruits, vegetables, whole grains, and lean proteins help stabilize mood. And that diets high in processed foods, sugar, and saturated fats have been linked to higher rates of anxiety and depression.

PERINATAL DEPRESSION *Awareness*

As a woman, the journey of pregnancy, childbirth, and motherhood is one of the most transformative experiences of a woman's life.

It's a time of immense joy and excitement, and one of immense personal change, both physically and emotionally. for some women, all of the lifestyle and emotional changes this journey can be complicated by emotional changes during pregnancy or in the postpartum period and , studies suggest that up to 1 in 7 women will experience depression during pregnancy



Of course, managing depression during pregnancy and postpartum is not just about diet and nutrition. There is nothing to be ashamed of if depression show up for you.

Seeking help and support is not a sign of weakness - in fact, it's a sign of strength. If you're struggling with depression during pregnancy or postpartum, don't hesitate to reach out for help you need.

Women who are struggling with depression during this time benefit from counseling, support groups, medication, or a combination of these.

FOODS TO SUPPORT OVERALL HEALTH FOR *Pregnancy and Fourth Trimester*

● WIDE VARIETY OF WHOLE FOODS

- Nutrient dense foods
- Legumes, whole grains
- Fruits, vegetables
- Lean protein
- Foods with healthy fats

● FOODS WITH OMEGA-3 FATS

- Salmon, sardines
- Nuts and seeds

● FRUITS AND VEGETABLES

- Provide trace vitamins and minerals



SUPERFOODS FOR *Fourth Trimester* PREGNANCY AND

● LEAFY GREENS

- Spinach, kale
- Trace minerals such as calcium, folate, iron
- Vitamins such as K C A
- Fiber yet low calorie

● NUTS AND SEEDS

- Flax & chia seeds, walnuts, almonds
- Peanut and almond butter
- Omega 3 fatty acids
- High in fiber
- Trace minerals such as magnesium and calcium
- Vitamins such as E

● COCONUT OIL

- Contains 50% lauric acid, an immune booster
- Only other place lauric acid is found in such high percentages is human breastmilk.
- By eating 3 tablespoons of coconut oil in one meal, a nursing mom increases the amount of lauric acid in her breastmilk threefold for 1-3 days. The greatest percentage increase is in the first 10 hours.

● BERRIES

- Blueberries, raspberries, strawberries, blackberries
- Antioxidants
- Vitamin A, C

SUPERFOODS FOR *Fourth Trimester* PREGNANCY AND

● AVOCADOS

- Healthy fats, the omega-3 fatty acids
- Fiber
- Vitamins C, K, and B6
- Trace minerals such as potassium

● YOGURT

- Vitamin D, B6, B12
- Calcium, riboflavin, potassium, phosphorous, magnesium
- Probiotics

● GINGER

- Anti-inflammatory
- Anti-nausea
- Rich in vitamins C, B
- Trace minerals calcium, phosphorus

● FENUGREEK

- Anti-inflammatory
- Increases breast milk production
- Aids digestion
- Trace minerals iron, magnesium
- Vitamin B

● TURMERIC

- Anti-inflammatory
- Vitamins E, C, B6
- Trace minerals manganese

SUPERFOODS FOR *Fourth Trimester* PREGNANCY AND



NUTRITIONAL YEAST

- Good source of B vitamins
- Good source of trace minerals selenium, potassium, zinc



OATS

- More protein than most grains
- Numerous vitamins and minerals
- Antioxidants
- Beta-glucan soluble fiber which helps digestion, reduces serum cholesterol
- Dietary lignans help prevent heart disease



BANANA

- Vitamin B6 & C
- Fiber
- Minerals such as potassium manganese and magnesium



COCOA (RAW & UNSWEETENED)

- Antioxidant
- Vitamins A, B1, B2, B3, C, E and Pantothenic acid
- Minerals such as calcium, copper, iron, potassium manganese, phosphorous and zinc

Nine Nutritious Pregnancy Smoothies



Berry Blast Smoothie

Ingredients

- 1 cup frozen mixed berries 1 banana
- 1/4 cup plain Greek yogurt or goat's milk yogurt
- 1/4 cup almond milk or oat milk
- 1 tablespoon chia seeds



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Berries, yogurt, chia seeds

Tropical Green Smoothie

Ingredients

- 1 cup baby spinach
- 1/2 cup frozen pineapple
- 1/2 banana
- 1/4 cup almond or oat milk
- 1/4 avocado



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Spinach, avocado

Oat Banana Smoothie

Ingredients



- 1/2 cup plain Greek yogurt or goat's milk yogurt
- 1/2 frozen banana
- 1 tablespoon almond butter
- 1/4 cup rolled oats
- 1/4 cup almond or oat milk
- 1/4 tsp cinammon

Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Yogurt, almond butter, oats

Choco-Berry Smoothie



Ingredients

- 1 cup frozen mixed berries
- 1/4 cup rolled oats
- 1 tablespoon flax seeds
- 1 tablespoon honey
- 1 tablespoon cocoa powder
- 1 cup almond or oat milk



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Oats, cocoa, berries, flax seeds

Creamy Coconut Greek Yogurt Smoothie

Ingredients

- 1/2 cup plain Greek or goats milk yogurt
- 1/2 frozen banana
- 1/2 cup coconut milk
- 1 tablespoon honey
- 1 tablespoon shredded coconut
- 1/2 tsp cinammon



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Yogurt, banana, cinnamon

Chocolate Avocado Smoothie

Ingredients

- 1/2 ripe avocado
- 1/2 frozen banana
- 1/2 cup almond or oat milk
- 1/2 tablespoon chia seeds
- 1 tablespoon cocoa powder
- 1/2 tsp cinammon



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Avocado, banana, cocoa

Spinach Berry Smoothie

Ingredients

- 1 cup spinach
- 1 cup mixed berries
- 1/2 frozen banana
- 1 cup almond or oat milk
- 1 tablespoon almond butter



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Spinach, banana, berries

Pineapple Ginger Maple Smoothie

Ingredients



- 1 cup pineapple
- 1 cup kale or spinach leaves
- 1 tablespoon FRESH ginger (fresh ginger preferred during pregnancy)
- 1 1/2 cups water plus some ice (coconut milk can also be used)
- 1 tablespoon lemon juice
- 1 tablespoon maple syrup

Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Ginger, greens

Berry Nut Yogurt Smoothie

Ingredients

- 1 /2 cup mixed berries
- 1/4 cup walnuts
- 1 cup almond or oat milk
- 1/2 cup cow or goat milk yogurt
- 1 tablespoon almond butter



Directions



1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more almond or oat milk to your liking

Superfoods: Berries, walnuts, yogurt

Eight Nutritious Fourth Trimester Smoothies



FOURTH TRIMESTER

"Postpartum planning helps you be a good enough mother"
- Kathy Morelli, LPC



You are important

Traditional cultures mark the postpartum phase as a special time for moms to recuperate on body, mind and spiritual levels. For your personal postpartum plan, what will you include? Will you practice good nutrition and treat yourself to postpartum help? Will a gift to yourself of a postpartum bodywork home visit help integrate the emotional and physical experience of giving birth? How will you take care of your nutrition needs when you are tired? Eating well helps your mood and helps your body recover. If you can, hire a postpartum doula or a babysitter so you have time to shower and stretch.

Give yourself permission to know that the fourth trimester is a time when it's ok to unplug from the hustle and bustle of the world. Take pause and recognize childbirth as a personal rite of passage. Ask yourself, "What will help me allow space to recover physically and emotionally? What will give me some space to include a new baby and also save space for my own psyche and identity?"

Self-care and self-love are not just pleasant concepts and words. They are real.

Peanut Butter Protein Smoothie

Ingredients

- 1 banana
- 1 cup plant based milk
- 1 serving plant based protein powder (vanilla or chocolate)
- 2 tbsp peanut butter
- 2 tbsp nutritional yeast
- 1 tsp honey (optional)
- 1/2 tsp turmeric (optional)
- 2 tsp of pure cocoa powder



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking

Superfoods: Nutritional yeast, turmeric, cocoa

Mango Ginger Green Tea Smoothie

Ingredients

3 cups mango chunks
1 cup brewed green tea
2 tsp chia seeds
2 tsp fresh minced ginger
1 tsp honey (optional)
1/2 cup ice



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking



Superfoods: Green tea, ginger, chia seeds

Blueberry Fenugreek Smoothie

Ingredients

1 cup frozen blueberries
1 tablespoon fenugreek seeds
2 tsp chia seeds
1 cup plant milk
1 tsp honey (optional)
1/2 cup ice



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking



Superfoods: Fenugreek, chia seeds

Pineapple Coconut Smoothie

Ingredients

1 cup frozen pineapple chunks
1 tablespoon fenugreek seeds
1 tsp chia seeds
1 tsp coconut oil
1 cup plant milk
1 tsp honey (optional)
1/2 cup ice



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking



Superfoods: Fenugreek, coconut oil and chia seeds

Banana Mango Turmeric Smoothie

Ingredients

1 ripe banana
3/4 cup diced mango
3/4 cup pineapple chunks
1 cup coconut milk
1 tsp ground turmeric
1 tablespoon lemon juice
1 tablepsoon coconut oil



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking



Superfoods: Banana, coconut oil, turmeric

Green Oatmeal Smoothie

Ingredients

1/2 cup frozen spinach
1/2 cup oatmeal
1 banana
3/4 cup pineapple chunks
1 cup plant milk
3 walnuts



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking

Superfoods: Spinach, oatmeal, walnuts

Vanilla Almond Smoothie

Ingredients

- 1/2 cup frozen cauliflower
- 1 banana
- 2 tablespoons almond butter
- 2 tsp chia seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon coconut oil
- 1 cup plant milk
- 1/2 tsp vanilla extract

Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking



Superfoods: Nutritional yeast, coconut oil, chia seeds

Cocoa Avocado Smoothie

Ingredients

1/2 avocado
1/2 cup spinach
2 tablespoons almond butter
2 tablespoons cocoa powder
1 cup plant milk
1/2 tsp vanilla extract



Directions

1. Combine prepared ingredients in a blender; then blend them until you get a smooth mixture
2. Add in more plant based milk to your liking

Superfoods: Cocoa, avocado



Mineral Rich Fourth
Trimester

Herbal Tea Party



Infusing dried herbs

- Infusing herbs means to steep the herbal material in water. To make herbal tea, steep the herbs in hot water for a 5 -15 minutes. You can also steep the herbs overnight in the refrigerator.
- Strain the herbal material out after steeping and then strained out. Herbalists say that the tea infusion can be kept in the refrigerator for two days without losing its potency.
- Use 1 teaspoon of your primary dried herb and add ½ teaspoon each of your dried secondary herbs per cup.



- If you are using fresh herbs, you need to use three times as much quantity as with dried herbs.
- You can add in extras for flavor, such as dried apples, mangoes, apricots and cinnamon or honey for a little sweetness.

HERBAL TEAS FOR *Pregnancy AND Fourth Trimester*



FENUGREEK

- Traditionally used to increase milk production
- Currently being researched for helping control blood sugar



LAVENDER

- Traditionally used to promote relaxation



CHAMOMILE

- Traditionally used to promote relaxation



COCOA (RAW & UNSWEETENED)

- Antioxidant
- Current being researched for benefits to the heart



PEPPERMINT

- Traditionally used to soothe digestion



TURMERIC

- Traditionally used for arthritis and inflammation



ROSE

- Traditionally used to promote relaxation

Chamomile, Peppermint and Rose Herbal Tea

Ingredients

- 1 cup water
- 1 teaspoon dried chamomile
- 1/2 teaspoon peppermint
- 1/2 teaspoon rose petals



Directions

Put dried herbs in a tea ball, infuse in boiling water for fifteen minutes, or in a refrigerator overnight.

Traditional use: Relaxation and soothe digestion

Lavender and Vanilla Herbal Tea

Ingredients

1 cup water
1 teaspoon dried lavender
1/2 teaspoon vanilla extract



Directions

Put dried herbs in a tea ball, infuse in boiling water for fifteen minutes, or in a refrigerator overnight. Add fresh ingredients to a cup of hot tea.

Traditional use: Relaxation

Turmeric, Lemon and Honey Herbal Tea

Ingredients

1 cup water
1 tsp dried turmeric
Squeeze juice of 1/2 lemon
1/2 tsp honey



Directions

Put dried herbs in a tea ball, infuse in boiling water for fifteen minutes, or in a refrigerator overnight. Add fresh ingredients to a cup of hot tea.

Traditional use: Relaxation and reduce inflammation

Fenugreek and Fennel Herbal Tea

Ingredients

1 cup water
1 tsp dried fenugreek
1/2 tsp dried fennel



Directions

Put dried herbs in a tea ball, infuse in boiling water for fifteen minutes, or in a refrigerator overnight.

Traditional use: Increase milk production after birth

Hot Cocoa

Ingredients

1 cup almond or oat milk
1 tablespoon unsweetened
cocoa
1/2 teaspoon maple syrup
A sprinkle of cinnamon



Directions

1. Combine prepared ingredients in a pot, warm it up! Yum!

Traditional use: Comfort

Enjoy the magic of plants

I hope you are feeling inspired and empowered to nourish yourself and your baby with the nutritious smoothies and warming teas presented here.

The plant world is truly miraculous as it nourishes our bodies perfectly, provides us with oxygen and enhances our existence with exquisite beauty.

Choosing plant foods that complement the changing nutritional needs of the perinatal cycle, that provide us the correct molecular substances, is fun and flavorful! We can all use a boost of flavor and energy, in particular when caring for a baby!

But beyond the recipes themselves, I hope this book has served as a reminder of the incredible power and resilience of the female body. Through the ups and downs of pregnancy, childbirth, and in the fourth trimester. Remember your body is capable of miraculous things!

Practice self care, even when you don't feel like it!

I wish you good luck and love !

Cheers! Kathy

Love is the answer



HEARTLIFEHOLISTIC.COM

