

Nourishing winter recipes to support sleep

with nutritionist, **Steph Geddes**



To celebrate our new Winter Harvest Pouch Tales Collection, we've teamed up with nutritionist Steph Geddes — mama to an 18-month-old, with another cutie on the way. We're getting back to basics and exploring nutritious, seasonal food recipes that support sleep for your mini. And guess what, we want you to join in on the cooking adventure.

By partnering with leading nutrition specialist, Steph, we'll provide free recipes for our community, blogs full of helpful information, tips for eating the best in-season foods to support immunity and recipes that the whole household will enjoy (hooray). Plus, many more wonderfully filling adventures along the way.



Steph Geddes, Nutritionist

Steph Geddes is a Registered Nutritionist specialising in culinary nutrition with a passion for inspiring others to enjoy eating seasonal, nutritious food. Steph works as a creative recipe developer, corporate public speaker, cooking class teacher and ambassador. Her recipes and nutrition advice are featured in worldwide cafes to blogs, mainstream media and celebrity cookbooks. You can find Steph on Instagram: @nutritionist_stephgeddes and her website bodygoodfood.com.au

Here you'll find two delicious recipes created by Steph for you and your wee ones. You can find out more about our Autumn Winter season at ergopouch.com.au/autumn-winter-22

Bon appétit, with love,

eP x



Veggie Slice

Suitable for 6 months +
Makes approx 12 serves



Ingredients

- 1 x broccoli
- 1 cup mushrooms
- 1 cup roughly chopped pumpkin/carrot
- 2 tbs fresh herbs, roughly chopped
- ½ red onion, finely diced
- 6 eggs, whisked
- 1 cup plain/buckwheat flour (use buckwheat for GF)
- 1 teaspoon baking powder
- ½ cup light extra virgin olive oil
- Pinch of salt and pepper
- 1½ cups grated cheese (omit for dairy free)

Directions

1. Preheat the oven to 190°C.
2. Place the broccoli, mushrooms and pumpkin/carrot in a food processor and blitz into a rice-like consistency (or grate/finely dice them).
3. In a bowl combine the veggies, herbs, onion, eggs, flour, baking powder, oil and salt and pepper.
4. Pour into a baking dish, spread over the cheese and bake for 25-30 min or until cooked through.

Notes / nutritional information

This recipe is fantastic for filling little ones up before sleep time. It's full of seasonal veggies which are great for building a healthy microbiome and the mushrooms, if exposed to UV, are an excellent source of Vitamin D which is thought to play a role in sleep duration and efficiency. Eggs are a great source of protein as well as a source of tryptophan which also has been shown to have positive effects on sleep.

Apple Chia Pudding

Suitable for 6 months +
Makes approx 2-4 serves



Ingredients

- 1½ tablespoons chia seeds
- 2/3 cup coconut milk (from a carton)
- 2 x apples
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract (optional)
- Squeeze of lemon juice (optional)
- Kefir/yoghurt/coconut yoghurt to serve (optional)

Directions

1. Preheat the oven to 180°C.
2. Lay the apples on baking tray, drizzle with extra virgin olive or coconut oil and sprinkle over the cinnamon. Toss and then bake for 20 minutes until the apples are very tender.
3. Meanwhile, in a bowl, whisk the coconut milk and chia seeds. Wait 2-3 minutes and whisk again.
4. Set in the fridge for at least 20 minutes (overnight is best), stirring during this time if needed to break up the chia seeds.
5. Remove the apples from the oven and place into a food processor with the vanilla and a small squeeze of lemon juice to blitz until very smooth (add some water if needed to achieve a smooth consistency), or you can use a hand held blender.
6. Divide the chia mixture between serving bowls and top with the apple puree.

Notes / nutritional information

Full of essential healthy fats and protein, this recipe is a great one to satisfy little tummies but also to help ease constipation which may be causing discomfort at sleep time. Chia seeds provide omega-3 fatty acids which have been shown to help consolidate night sleep and result in more restorative night sleep in children.

