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Recipe for Raw Placenta Smoothie

To be consumed as soon as possible after birth of placenta

DO NOT HAVE A RAW SMOOTHIE IF MECONIUM WAS PRESENT IN AMNIOTIC FLUID

This recipe gives a new mother an enjoyable post-birth revitalising fruit drink packed with her bodies own uniquely designed healing nutrients AND IT TASTES GREAT!

Benefits of Raw placenta smoothie:

- Helps stop post partum haemorrhaging and trigger the body to quickly heal internal wounds
- Significantly reduces blood loss
- Gives the body an immediate supply of essential vitamins and nutrients
- Provides the body with an immediate boost of hormones to begin healing the body after birth
- Gives the mother an immediate feeling of strength and balance
- Most mothers who have the smoothie report milk 'comes in' at day 2 post-partum rather than 3-4 days post-partum
- Eases the hormonal transition to post-partum and helps prevent the 'baby blues' around the time when milk engorges the breasts

Recipe:

approximately 3 inch round piece of raw placenta (a chunk)

½ organic apple

1 organic orange or 2 organic Satsuma's/Clementine's

1 organic banana

½ punnet of organic berries (raspberries, blackberries or strawberries)

(optional) Small handful of rehydrated goji berries (soak berries for 5 minutes in boiled water, then drain)

Blend fruits and add 50-150ml of water until smoothie is a drinkable consistency – serve immediately, refrigerate leftovers – must be consumed within 24 hours.

