

Prenatal Multi Recipes

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Needed Prenatal Multi Recipes

We're so excited for you to get started with your new fave Prenatal Multi. We created this guide to share our best tips for blending the Prenatal Multi in a range of our favorite preparations. If you need more tips, send us an email at hello@thisisneeded.com or DM us on Instagram @nourishmentisneeded.



Let's start with **the basics**

- 1 serving = 1 scoop or 1 daily packet
 - Our Prenatal Multi is designed to be added to cold or warm (once cool enough to consume) food or drinks, like smoothies, oatmeal, nut milks, coffee, yogurt, and more.
 - The powder is slightly sweetened with monk fruit extract, and it has a creamy natural vanilla flavor to it.
 - We don't recommend baking, cooking, or heating it directly.
- For best mixing results, we recommend blending the powder with:



Whisk



Shaker cup or mason jar with a tight lid



Frother



Blender



Our powder includes prenatal-pink plant-based beadlets, encapsulating our Vitamin C for best absorption and nutrient protection. The beadlets may stick to your glass or blender, but should shake loose with a little extra stirring.

If you are sensitive to sweet flavors or prone to nausea:

- ✓ Use unsweetened nut milks, and tart flavors like cacao and raspberry to cut through the sweet notes.
- ✓ Nut milk or heartier foods and beverages are recommended for nausea-prone mamas. Do not take it with plain water on an empty stomach.
- ✓ Try adding ice to your beverage, as it helps cut down on sweetness.

A note for **vegetarian and vegan mamas:**

Many of our favorite recipes include our Collagen Protein, as our powders are designed to be taken together. Many mamas (including vegetarian mamas) find our Collagen to be an easy addition to their routine, as it is an unflavored protein source with a nice consistency, unlike plant-based protein powders that can be really chalky. Feel free to omit Collagen whenever it is suggested, if you prefer.

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01

Raspberry Cacao Smoothie



INGREDIENTS

- ½ cup frozen raspberries
- 1 tbsp cacao powder
- 1 cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi
- Optional: ¼ cup frozen cauliflower (for added creaminess and to get those veg in!)

METHOD

Place all ingredients in a blender and blend until smooth. Add more milk or water to thin out to your desired consistency. Using frozen ingredients will result in a thicker smoothie. If you don't have a high speed blender like a Vitamix, Ninja, or Blendtec, you may want to thaw out frozen ingredients for 15 minutes or so before blending.

02

Vanilla Cinnamon Overnight Oats



INGREDIENTS

- ½ cup oats
- ¾ cup nut or seed milk of choice*
- 1 tbsp flax seed
- 1 tbsp tahini (or any nut/seed butter, we like tahini for the added calcium)
- Pinch of cinnamon
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi

METHOD

1. Mix oats, almond milk, flax, and almond butter to a mason jar or small bowl and stir with a fork to combine. Make sure all oats are immersed in milk.
2. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.
3. The next day, just before eating, stir in Collagen and Prenatal Multi. Top with berries, nuts, or seeds if desired.
4. NOTE: If you prefer to heat your oats, do so before adding Collagen and Prenatal Multi. First microwave for 45-60 seconds or transfer oats to a saucepan and heat over medium heat until warmed through. Add more liquid as needed if oats get too thick/dry. Then stir in Collagen and Prenatal Multi.

03

Keto Oatmeal



INGREDIENTS

- 3 tbsp hemp seeds
- 1 tbsp flax seed
- 1 tbsp chia seed
- ½ cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi

METHOD

1. Combine seeds and milk in a small saucepan and whisk to combine.
2. Cook over low heat (not bubbling) until thick (3-5 minutes).
3. Remove from heat, let cool slightly, then whisk in Collagen powder and Prenatal Multi.

04

Hot Cacao



INGREDIENTS

- 1 tsp cacao powder
- 1 cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi

METHOD

1. Blend (preferred) or stir with a whisk or frother the almond milk, cacao, and Collagen.
2. Heat mixture, either 1 minute in glass measuring cup in the microwave or over low heat on stovetop until just warmed through
3. Mix in Prenatal Multi with a whisk or frother.

05

Chia Pudding



INGREDIENTS

- 2 tbsp chia seeds
- 2/3 cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal multi

METHOD

1. To a mixing bowl add milk and chia seeds. Whisk to combine.
2. Cover and refrigerate overnight (or at least 8 hours). The chia pudding should be thick and creamy.
3. Remove from the refrigerator and stir in Collagen and Prenatal Multi until blended in. Add in extra nut milk as needed to reach desired consistency.
4. Top with fresh fruit and/or nuts if desired.

06

Golden Milk



This golden milk supports digestion and inflammation while also providing a serving of quality Collagen Protein and your daily dose of prenatal vitamins.

INGREDIENTS

- 1 cup nut or seed milk of choice*
- 1 tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp ground cinnamon
- Pinch black pepper
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi

METHOD

1. Blend (preferred) or stir with a whisk or frother the almond milk, spices, and Collagen.
2. Heat mixture, either 1 minute in glass measuring cup in the microwave or over low heat on stovetop until just warmed through
3. Mix in 1 scoop or 1 daily packet of Needed Prenatal Multi with a whisk or frother.

07

Green Berry Almond Smoothie



INGREDIENTS

- 2 cups/fistfulls leafy greens (spinach, kale, etc.)
- ½ zucchini, chopped (freeze the rest for future smoothies)
- ½ cup fresh or frozen blueberries
- 1 tbsp almond butter
- 1 cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi

METHOD

Place all ingredients in a blender and blend until smooth. Add more milk or water to thin out to your desired consistency. Using frozen ingredients will result in a thicker smoothie. If you don't have a high speed blender like a Vitamix, Ninja, or Blendtec, you may want to thaw out frozen ingredients for 15 minutes or so before blending.

08

Strawberry Avocado Green Smoothie



INGREDIENTS

- 2 cups/fistfulls leafy greens (spinach, kale, etc.)
- ¼ large avocado (or ½ small, freeze the rest for future smoothies)
- 1 cup strawberries, fresh or frozen
- 1 cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal Multi

METHOD

Place all ingredients in a blender and blend until smooth. Add more milk or water to thin out to your desired consistency. Using frozen ingredients will result in a thicker smoothie. If you don't have a high speed blender like a Vitamix, Ninja, or Blendtec, you may want to thaw out frozen ingredients for 15 minutes or so before blending.

09

Lactation Smoothie



INGREDIENTS

- 1 banana
- 1 tbsp nut or seed butter
- 1 tbsp flax seed
- 1 tsp moringa powder
- 1 cup nut or seed milk of choice*
- 1 scoop Needed Collagen powder
- 1 scoop (or 1 daily packet) of Needed Prenatal multi

METHOD

Place all ingredients in a blender and blend until smooth. Add more milk or water to thin out to your desired consistency. Using frozen ingredients will result in a thicker smoothie. If you don't have a high speed blender like a Vitamix, Ninja, or Blendtec, you may want to thaw out frozen ingredients for 15 minutes or so before blending.