



# **The Contented Calf Cookbook: Nourishing Recipes for Breastfeeding Mums: To Help Promote Milk Production**

*Elena Cimelli*

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## **The Contented Calf Cookbook: Nourishing Recipes for Breastfeeding Mums: To Help Promote Milk Production** Elena Cimelli

Inspired by a friend's quest to improve her milk supply and her discovery of lactogenic foods, Elena Cimelli created this unique cook book with food writer Jassy Davis to give new parents a one-stop collection of delicious, lactogenic meals, snacks, drinks and treats. Drawing on Elena's own experience of cooking and freezing meals ahead of the birth of her daughter, the majority of the meals are designed to be made and frozen in the weeks leading up to the birth of your child. All the recipes are nourishing and full of flavour and they'll appeal to partners, children, friends and non-breastfeeding mums, too.

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