



AIMEE RAUPP

yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S

RECIPES

Here are some of my favorite, super easy, and delicious recipes for you to incorporate into your Yes I Can Get Pregnant self-love health mission. Enjoy!

BONE BROTH RECIPES (Adapted From Nourishing Traditions by Sally Fallon)

Here are three different bone broth recipes. The chicken stock is my favorite. For those of you who prefer to eat fish over meat, the fish stock recipe is easy to make as well. Enjoy!

Chicken Stock

1 whole free-range chicken or two to three pounds of bony chicken parts,
such as necks, backs, breastbones, and wings*

Gizzards from one chicken (optional)

2 to 4 chicken feet (optional)

4 quarts cold filtered water

2 Tb vinegar

1 large onion, coarsely chopped

2 carrots, peeled and coarsely chopped

3 celery stalks, coarsely chopped

1 bunch parsley

**Note: Farm-raised, free-range chickens give the best results.*

1. If you are using a whole chicken, remove the fat glands and gizzards from the cavity. Remove the neck and wings and cut them into several pieces.
2. Place whole chicken and chopped up neck and wings, or chicken pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley.
3. Let stand 30 minutes to 1 hour.
4. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover, and simmer for 6 to 8 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.
5. Remove whole chicken and/or pieces/bones with a slotted spoon; discard the bones. If you are using a whole chicken, let cool and remove chicken meat from the carcass. Reserve for other uses, such as chicken salads, enchiladas, sandwiches, or curries.
6. Strain the stock into a large bowl; discard residue. Reserve the liquid in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Beef Stock

4 pounds beef marrow and knuckle bones (from grass fed beef)

1 calves foot, cut into pieces (optional)



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3 pounds meaty rib or neck bones
4 or more quarts cold filtered water
1/2 cup vinegar
3 onions, coarsely chopped
3 carrots, coarsely chopped
3 celery stalks, coarsely chopped
Several sprigs of fresh thyme, tied together
1 tsp dried green peppercorns, crushed
1 bunch parsley

1. Preheat oven to 350 degrees F.
2. Place the knuckle and marrow bones and calves foot in a very large pot with vinegar and cover with water. Let stand for 1 hour.
3. Meanwhile, place the meaty bones in a roasting pan and brown in the oven. When well browned, add to the pot.
4. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame, and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot.
5. Add all vegetables, thyme, and peppercorns to the pot. Add additional water, if necessary, to cover the bones but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking.
6. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.
7. Simmer stock for at least 12 and as long as 72 hours. Just before finishing, add the parsley and simmer another 10 minutes.
8. Remove bones with tongs or a slotted spoon; discard. Strain the stock into a large bowl; discard residue. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

Fish Stock

Ideally, fish stock is made from the bones of sole or turbot. In Europe, you can buy these fish on the bone. The fish monger skins and filets the fish for you, giving you the filets for your evening meal and the bones for making the stock and final sauce. Unfortunately, in America sole arrives at the fish market preboned. But snapper, rock fish, and other nonoily fish work equally well; and a good fish merchant will save the carcasses for you if you ask him. As he normally throws these carcasses away, he shouldn't charge you for them. Be sure to take the heads as well as the body—these are especially rich in iodine and fat-soluble vitamins. Classic cooking texts advise against using oily fish such as salmon for making broth, probably because highly unsaturated fish oils become rancid during the long cooking process.



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3 or 4 whole carcasses, including heads, of nonoily fish such as sole, turbot, rockfish, or snapper
About three quarts cold filtered water
2 Tb butter
2 onions, coarsely chopped
1 carrot, coarsely chopped
Several sprigs fresh thyme, tied together
Several sprigs parsley
1 bay leaf
1/2 cup dry white wine or vermouth
1/4 cup vinegar

1. Melt butter in a large stainless steel pot. Add the vegetables and cook very gently, about 6 hour, until they are soft.
2. Add wine and bring to a boil.
3. Add the fish carcasses and cover with cold, filtered water. Add vinegar. Tie herbs together and add to the pot. Bring to a boil and skim off the scum and impurities as they rise to the top.
4. Reduce heat, cover, and simmer for at least 4 hours or as long as 24 hours. Remove carcasses with tongs or a slotted spoon and discard. Strain the liquid into pint-sized storage containers for refrigerator or freezer; discard residue. Chill well in the refrigerator and remove any congealed fat before transferring to the freezer for long-term storage.

Aimee's Famous Guacamole

2 avocados, cut into 1/4 inch cubes
1 tomato
1/4 of a red onion
2 cloves garlic, finely chopped
2 dashes balsamic vinegar
Juice from 1/2 a lemon

In a large bowl, using a fork mash all the ingredients together.
That's it!

HOMEMADE HEALTH BARS

Raw Walnut Bars (Makes 8 to 10 Bars)

2 cups raw walnuts
1 cup pitted dates
1/4 cup dried cranberries
1 tb cocoa powder
1 tsp coconut oil
1/2 tsp sea salt



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1. Place all ingredients in a food processor and puree until smooth.
2. Shape puree into four to six ounces bars.
3. Store in a BPA free Tupperware container or glass container.

Coconut Date Bars (Makes 8 to 10 Bars)

1 cup of almonds
1 cup of cashews
1 cup pitted dates
1/2 cup shredded coconut (unsweetened)
1 tsp coconut oil

1. Place all ingredients in a food processor and puree until smooth.
2. Form into four to six ounces bars.
3. Store in a BPA free Tupperware container or glass container.

Hummus

3 cups drained cooked organic chickpeas (you can use canned organic chickpeas in BPA free cans)
2 medium cloves garlic
1/4 tsp crushed red pepper (optional)
1/2 cup tahini
2 Tb water
4 Tb organic lemon juice, to taste
4 Tb organic extra-virgin olive oil
1 Tb chopped parsley leaves
1/4 tsp paprika

1. In a food processor, puree the chickpeas, garlic cloves, red pepper, tahini, water, half the lemon juice, and half the olive oil until smooth, stopping to scrape down the sides as needed. Taste and adjust the seasoning by adding salt and additional lemon juice, if necessary, to your liking.
2. Transfer to a wide shallow bowl for serving and use the back of a serving spoon to form a well in the center of the hummus. Drizzle with the remaining olive oil and sprinkle the top with the parsley and paprika.

Kale Chips

1 bunch of kale, washed and dried
3 Tb of melted coconut oil
Salt to taste



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1. Preheat oven to 300 degrees F.
2. Remove center stems from the kale and either tear or cut up the leaves.
3. Toss the kale and coconut oil together in a large bowl; sprinkle with salt.
4. Spread on a baking sheet (or two, depending on the amount of kale). Bake for 15 minutes or until crisp.

Liver Pate

½ lb chicken livers (or beef) (free-range/grass-fed)
1 clove garlic, minced
3 thick slices of organic bacon, chopped in cubes
1 large diced onion
¾ cup butter
4 Tb chopped parsley
3 Tb sherry (or vinegar)
Fresh nutmeg (optional)
Salt and pepper, to taste

1. Heat a large pan to medium high heat and cook the bacon for about 3 minutes.
2. Add the onion, garlic, and . of a cup of the butter and soften for another 3 or 4 minutes.
3. Prepare the livers by cutting out the white stringy part. Add the livers to the pan and cook for about 7 to 10 minutes with a little more of the butter.
4. Once cooked through, add sherry, parsley, and salt, pepper and fresh nutmeg to taste.
5. Remove from heat and pour mixture into a blender or food processor and blend until smooth. Pour the smooth mixture into a serving dish.
6. Melt the remaining butter and pour over the pâté evenly. Cover and put in the refrigerator to cool until the fat hardens.

Enjoy as a snack on celery sticks, on lettuce leaves or directly off the spoon since it's so good in its own.

Shrimp Salad

3 eggs, hard boiled, peeled, and chopped
2 cups cooked and peeled shrimp, chopped
1 green apple, cored and diced
½ red onion, diced
4 stalks of celery, diced
¼ cup ground dijon mustard
2 tablespoon white wine vinegar
1 tablespoon olive oil



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1 tablespoon raw honey (optional)
½ teaspoon parsley (fresh is best)
½ teaspoon thyme (fresh is best)
½ teaspoon basil (fresh is best)
Salt and pepper, to taste

1. Add three eggs to a small saucepan filled with water. Place over high heat and boil for 15 minutes.
2. Remove eggs from boiling water and place in a bowl of cold water. Cool eggs until easy to handle.
3. Peel and chop eggs and add to a large bowl. Add the rest of the ingredients to the bowl and mix well.

Summer Squash Pancakes (Makes Six to Seven Pancakes)

1 small zucchini, shredded
1 small yellow squash, shredded
1 small carrot, shredded
½ yellow onion, shredded
1 cup almond flour/meal
2 eggs
2 garlic cloves, minced
1 tsp dried basil
1 tsp dried parsley
salt and pepper, to taste
2 Tb fat of choice (I prefer pastured butter)
½ avocado, diced (to garnish)
½ green onion, diced (to garnish)

1. In a large bowl, mix together with your hands the vegetables, almond flour, eggs, garlic, basil, parsley, and salt and pepper.
2. Make six to seven patties.
3. Heat a large skillet up over medium-high heat. Add fat of choice (I usually use pastured butter). Place patties in the pan—be careful of overcrowding—and cook for 5 to 7 minutes on each side, until pancakes are browned.
4. Remove from heat and serve topped with avocado and green onions.