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5 Easy Recipes That Fight Morning Sickness

It's typical to have morning sickness when you're pregnant. That's why it helps to have a few easy go-to recipes in your arsenal to help with the feeling.

5 Easy Recipes For You



1. Ginger Cookies

Servings: 12

Ingredients

2 1/4 cups all-purpose flour

2 tsp. ground ginger

3/4 tsp. ground cinnamon

1 tsp. baking soda

1/2 tsp. ground cloves

1/4 tsp. salt

3/4 cup margarine, softened

1 cup white sugar

1 egg

1 tbsp. orange juice

1/4 cup molasses

2 tbsp. white sugar

Method:

1. Preheat your oven to 350 degrees F. Stir together the flour, cinnamon, ginger, cloves, baking soda, and salt in a large bowl. Set aside.
2. Add margarine and sugar to a mixer (or large bowl) and cream until light and fluffy.

Beat the egg in; then add the orange juice and the molasses.

3. Gradually add the dry ingredients to the mixer and stir. Place the dough in the freezer for 10 to 15 minutes to set.
4. Place the 2 tbsp of sugar in a small bowl. Roll dough into small balls. Roll each ball in the 2 tbsp of sugar and place on an ungreased cookie sheet. Flatten slightly with a fork.
5. Bake the cookies for 8 to 10 minutes, and then allow them to sit on the pan for 5 minutes before transferring to a wire rack to cool.



2. Yogurt Popsicles

Servings: Varies

Ingredients:

3 cups strawberries

2 bananas

1 cup blueberries

1 cup apple juice

1 cup yogurt, vanilla

2 tbsp. honey

1 tbsp. freshly grated ginger

Method:

1. Wash and cut up fruit, and add to the blender.
2. Add the remaining ingredients to a blender and blend on high until smooth.
3. Pour into popsicle molds (or an ice tray if you forget to buy the popsicle molds)
4. Freeze!

RELATED: [10 Essential Tips For Fighting Morning Sickness](#)



3. Coconut Water Smoothie

Servings: 4

Ingredients:

$\frac{3}{4}$ cup coconut water

$\frac{1}{2}$ cup cooked oatmeal (preferably cooled)

1 frozen banana

1-2 tbsp. almond butter

1 tbsp. honey

1 inch peeled ginger root or 1/2 tsp. ginger powder

Dash of sea salt

Method:

1. Chop your frozen banana into small pieces.
2. Put into blender and add all the remaining ingredients.
3. Blend until smooth.
4. Pour into glass and drink slowly.



4. Lemon Ginger Chews

Servings: 10

Ingredients:

2 cups of warm water

1 inch knob of ginger

2 lemons

3 tbsp. of honey

5 tbsp. of unflavored gelatin

Method:

1. Place gelatin in the warm water and let bloom for 5 minutes. This will help the chews set up well.
2. While it's blooming, juice the lemon and zest the peel.
3. Place gelatin water and remaining ingredients into the blender, and blend on high for 1 minute or until very smooth.
4. Strain out the ginger strands with a strainer and pour the mixture into an 8x8 tray that is lined with parchment paper and lightly sprayed with oil.
5. Let set in the fridge for 3-4 hours. When you are ready to cut them, oil your knife and cut them into 1- 1.5 inch squares.
6. Keep in fridge.



5. Carrot Ginger Mocktails

Servings: 1

Ingredients:

2 tbsp. freshly squeezed carrot juice (or prepared juice)

3 tbsp. lemonade

1 tbsp. coconut milk

1 tbsp. freshly squeezed lime juice

1 ½ tbsp. soda water

½ tbsp. simple syrup

Peeled ginger (about the size of a nickel)

Method:

1. Muddle ginger in the bottom of a mixing glass.
2. Add remaining ingredients and shake hard with ice.
3. Double strain (to remove ginger) into a glass over fresh ice and garnish with carrot greens, lime zest, or carrot ribbons.

Why It Helps To Fight With Food

Part of a healthy pregnancy is getting the right nutrition. That includes consuming at least 200 more daily calories than you had pre-pregnancy. When you focus on using food to help with morning sickness, you can meet your nutritional and caloric needs while settling your stomach.

When To See Your Doctor

Sometimes, morning sickness isn't typical, and the symptoms are much worse than expected. This kind of morning sickness is known as hyperemesis gravidarum, and it can result in significant dehydration, electrolyte imbalances, and pregnancy complications. Some of the

symptoms are nausea that lasts all night, vomiting at least three times per day, being unable to hold anything down, fainting, dizziness, urinating less frequently, and unexplained weight loss. It's important to let your doctor know so your condition can be treated quickly.

Most people get morning sickness when pregnant, but you can keep your symptoms in check with a few easy recipes. However, if nothing helps, it could be a sign to talk to your doctor about treatment.

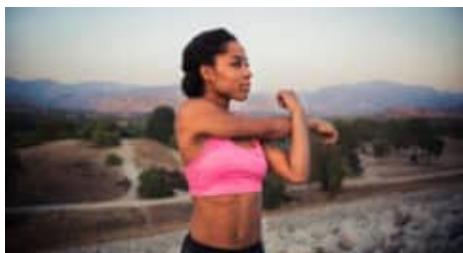
By [Karen Heslop](#) | Published September 3, 2025

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