



## **Lactation Cookies**

This recipe has been floating around for years. These cookies can be made vegan too. The oats and nutritional yeast are commonly known herbal remedies that may assist in increasing milk supply. These cookies are a do-no-harm option, so give them a try!

## **Ingredients**

1 cup butter or non-dairy butter spread [ex. Earth Balance]  
1 cup sugar [or sugar substitute]  
1 cup brown sugar  
4 Tbsp. water  
2 Tbsp. flaxseed meal [no substitutes]  
2 Lrg eggs  
or Vegan Option 1: 3 teaspoons of egg replacer mixed with 4 tablespoons of water  
or Vegan Option 2: 4 teaspoons of flaxseeds mixed with 4 tablespoons of water  
1 tsp vanilla  
2 cups flour  
1 tsp baking soda  
1 tsp salt  
3 cups thick cut oats [old-fashioned]  
1 cup chocolate chips  
2 – 4 Tbsp. Nutritional/Brewer's Yeast [no substitutes]

## **Preparation**

1. Preheat oven to 375
2. Mix 2 Tbsp. flaxseed meal and water, set aside for 3 – 5 minutes.
3. Cream butter and sugar
4. Add eggs or vegan substitutes.
5. Beat until well blended.
6. Sift: dry ingredients, except oats and chocolate chips.
7. Add butter mix to dry ingredients.
8. Stir in the oats and then chocolate chips.
9. Drop on parchment paper on baking sheet.
10. Bake 8 – 12 minutes. Enjoy!