



Lactation Cookies

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| 1 Cup unsalted butter | 1 teaspoon baking soda |
| 1 Cup sugar | 1 teaspoon salt |
| 1 Cup brown sugar | 3 Cups thick cut oats |
| 4 Tablespoons water | 1 Cup chocolate chips |
| 2 Tablespoons flaxseed meal | 2 Tablespoons brewer's yeast |
| 2 Cups flour | 2 Large Eggs |
| | 1 teaspoon vanilla |

Preheat oven to 375°.

Mix the flaxseed and water and set aside for at least 5 minutes.

Cream together butter and sugar. Add eggs. Stir flaxseed mixture into butter mixture and add vanilla. Beat until well blended.

Sift dry ingredients, except oats and chocolate. Add to butter mixture. Stir in oats, and then stir in chocolate. Drop teaspoonfuls onto parchment paper or greased cookie sheets. Bake 8 to 12 minutes. Store cookies in an airtight container. Enjoy 4 or more a day to help increase or maintain full milk supply.

Variations: We have soaked the flaxseed meal in Silk® or So Delicious® coconut milk and added two more tablespoons liquid. For dairy free cookies, use shortening in place of butter and add 2 tablespoons more water. We have added an extra egg. We like milk chocolate chips and we add the whole bag. Be sure to use flaxseed meal as whole flaxseed does not release its nutrients. Also get brewer's yeast with reduced bitterness. Flaxseed meal and brewer's yeast can be found in health food stores if your grocer or pharmacy does not carry them. They can be added to other foods to increase nutrition and milk supply.

You may also add raisins, chopped dried cherries, dried cranberries and/or chopped nuts. Be creative!

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