

How to make Lactation Cookies

This is a great cookie to eat (and it is super tasty) if you are a breastfeeding mother and need or want to increase your milk supply. This recipe contains some lactogenic foods (foods that increase milk production), such as: oats, brewer's yeast, and almonds. Enjoy! Though if for some reason you have an overabundant milk supply, these cookies are not for you and you may want to eliminate oats and other lactogenic food from your diet. Also, these cookies taste great and I recommend them for anybody who loves oatmeal cookies. They aren't JUST for nursing mothers!

Ingredients

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 4 tbsp water
- 2 tbsp flaxseed meal
- 2 large eggs
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 3 cups oats
- 1 cup raisins
- ½ cup slivered almonds
- 2 tbsp Brewer's Yeast

Instructions

1. Mix the flaxseed meal and water, let sit for 3-5 minutes
2. Cream butter and both sugars until light and fluffy (2-3 minutes), then add eggs one at a time, beating well after each addition
3. Stir flaxseed mix into butter mixture and add vanilla, beat until well blended
4. In a separate bowl, combine all dry ingredients (flour, baking soda, salt, and brewer's yeast) - except oats, raisins and almonds
5. Add butter mixture to the dry mixture and stir until just combined
6. Stir in oats, raisins and almonds
7. Chill the dough in the refrigerator for 30 minutes
8. Preheat oven to 350 degrees Fahrenheit (175 Celsius)
9. Using an ice cream scoop, drop dough balls onto greased baking sheet
10. Bake for 12-14 minutes, until edges are lightly golden but centers still look slightly underdone
11. Let cookies cool on baking sheet for 5 minutes before transferring to a wire rack (they'll continue to firm up)
12. ENJOY!

Tip: Eat 4 cookies per day for optimal results.

If you find that you have an OVERABUNDANT milk supply, naturally, you would NOT want to eat these cookies, and might want to limit your intake of oats and other lactogenic foods.

