

Lactation Cookies

A tasty little recipe that may also help to improve the quality and supply of breast milk. If you have 2-3 smallish ones a day it may balance out supply - but if you want to eat more, then enjoy!

Ingredients

Makes 6 Dozen

- 1 cup of butter or margarine
- 1 cup sugar
- 1 cup brown sugar
- 4 tablespoons of water
- 2 tablespoons of linseed (flaxseed) meal*
- 2 large eggs
- 1 teaspoon of vanilla essence
- 2 cups flour
- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 3 cups of oats, thick cut if you can get them
- 1 cup (or more!) of chocolate chips
- 2 tablespoons of brewer's yeast, be generous

Directions

Preparation time: 15 minutes

- › Preheat the oven to 375°F or 180°C. Line a baking sheet with baking paper
- › Mix together the linseed meal and water, then set aside for 3-5 minutes
- › Cream the butter and the sugar. Add the eggs one at a time, mixing well
- › Stir the linseed mixture and add with vanilla essence to the butter/sugar mix. Beat until blended
- › Sift together the dry ingredients EXCEPT the oats and chocolate chips, then add to the butter mix
- › Stir in the oats and chocolate chips
- › Scoop onto the baking sheet and bake each batch for 8-12 minutes, depending on the size of the cookies

Notes

- ›› *It MUST be brewer's yeast, not baker's yeast. NO SUBSTITUTIONS*
- ›› *You can freeze the dough*
- ›› *You can make the cookies and then freeze them too*



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