

LACTATION COOKIES

I love giving these cookies to new Mama's as the added B vitamins and fat are so helpful for producing milk and supporting the connection with baby, plus they are delicious and nourishing even for non-breastfeeding people!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	2 Cookies	30 MINUTES

INGREDIENTS

- 3 Cups Old Fashioned Rolled Oats
- 1 1/2 Cups All-Purpose Flour/Gluten Free 1-1 Baking Flour
- 5 Tablespoons Brewer's Yeast/Nutritional Yeast
- 1/2 teaspoon Baking Powder
- 1/2 teaspoon Cinnamon, ground
- 1/4 teaspoon Salt
- 1/2 Cup Unsalted Butter
- 4 Tablespoon Coconut Oil
- 1 cup Sugar
- 4 Eggs, large
- 2 Tablespoon Vanilla Extract
- 1 Cup Chocolate Chips
- Optional to add coconut flakes, nuts (being mindful that the baby may have a hard time with mama consuming nuts at this age)

DIRECTIONS

1. Preheat oven to 350 degree F
2. In a large bowl, whisk together oats, flour, yeast, baking powder, cinnamon & salt.
3. In a large bowl/electric mixing bowl, beat the butter and coconut oil on medium speed until creamy.
4. Add the sugar and beat until fluffy, about 3-5 minutes. Add eggs & vanilla.
5. Gradually add the dry ingredients into the wet ingredients until just combined.
6. Gently fold chocolate chips into the mixture.
7. Scoop the dough into 1 inch round and place on baking sheet, 2 inches apart.
8. Bake for 14-17 minutes or until slightly golden.
9. Let cool for 3 minutes on baking sheet then transfer to cooling rack.
10. Can store in freezer for up to 3 months (if they last that long).
11. Enjoy!

Nutritional Information per serving: 234 Calories, 10 grams Fat, 6 grams Saturated Fat, 42 mg Cholesterol, 50 mg Sodium, 31 grams Total Carbohydrates, 3 grams Fiber, 11 grams Sugar, 6 grams Protein, 6% Vitamin A, 0% Vitamin C, 4% Calcium, 11% Iron