

Lactation cookies



Ingredients:

200g soft butter
1/3 cup brown sugar & 1/4 cup white sugar
1 egg
2 & 1/2 cups of rolled oats
1 cup flour
1/4 teaspoon of baking powder
4 generous tablespoons of brewer's yeast
3 tablespoons of flaxseed, freshly ground
3 tablespoons of sesame seeds
3 tablespoons of sunflower seeds
pinch or more of salt to taste
1/2 (at least) block of chocolate – I like to use Whittaker's dark 50% block, but this is a personal preference

Preheat oven to 210 to begin.

Cream the butter and sugar, then add in the egg and mix until egg is fully incorporated. Then add the flour and baking powder.

Next, add all of the remaining ingredients, smallest to largest if you remember (so brewer's yeast first, then seeds, oats, etc.) I usually leave the chocolate till last as it's a bit tricky to incorporate anything else once the big chunks of chocolate are in the mix.

Lastly, cover a tray in baking paper, and using your hands, form the dough into the size cookies you want.



Bake in the oven, preferably in the middle rack, for about 10 minutes (if you have two trays, it's an idea to swap the top and bottom over after 5 or so minutes) the cooking time is ultimately going to depend on the size of your cookies, your oven and your preference for either crunchy or chewy cookies.

Lactation cookies contain ingredients such as brewer's yeast flaxseed and oats known to help increase milk supply. They also taste amazing and are a great snack form breastfeeding mums, whether your nursling is a new born or a toddler.

