

# Louise Miles

## LACTATION COOKIES

MAKES 25-28 DELICIOUS COOKIES - MILK SUPPLY BOOST - GALACTAGOGUE RICH - PERFECT SNACK - NOURISHING

### INGREDIENTS:

3 CUPS ROLLED OATS  
1 1/2 CUP FLOUR  
5 TBSP BREWERS YEAST  
3 TBSP GROUND FLAXSEED  
2 TBSP CACAO  
1/2 TSP BAKING POWDER  
1/2 TSP BAKING SODA  
1/2 TSP CINNAMON  
PINCH OF PINK HIMALAYAN SALT

170 G BUTTER (12 TBSP)  
4 TBSP COCONUT OIL  
1 1/2 CUP RAW SUGAR  
1 EGG + 1 EGG YOLK  
2 TSP VANILLA EXTRACT  
1 1/2 CUP DARK CHOCOLATE CHIPS



### DIRECTIONS:

PUT OVEN ON 175 DEGREES.

MIX TOGETHER ALL DRY INGREDIENTS IN A BIG BOWL (OATS, FLOUR, BREWERS YEAST, FLAXSEEDS, CACAO, BAKING POWDER, BAKING SODA, CINNAMON AND SALT)

IN ANOTHER BOWL, WHISK BUTTER AND COCONUT OIL WITH A MIXER UNTIL CREAMY. ADD SUGAR AND WHISK UNTIL SMOOTH AND FLUFFY.

ADD IN THE EGG + EGG YOLK AND VANILLA EXTRACT UNTIL COMBINED.

GRADUALLY ADD IN THE DRY INGREDIENTS AND BEAT ON LOW SPEED, UNTIL MIXED.

STIR IN THE CHOCOLATE CHIPS.

SCOOP UP LITTLE DOUGH BALLS WITH A SPOON AND PLACE ON A BAKING SHEET.

BAKE FOR 12-15 MINUTES OR UNTIL GOLDEN.

LET COOL COMPLETELY BEFORE STORING IN A SEALED CONTAINER.

KEEPS FOR A WEEK IN THE FRIDGE, ALSO SUITABLE TO FREEZE.