

LACTATION COOKIES

INGREDIENTS:

3 cups old-fashioned rolled oats

1 ½ cups unbleached organic all purpose flour

5 tablespoons brewer's yeast

3 tbsps ground flaxseed

½ tsp baking powder

½ tsp baking soda

½ tsp cinnamon

¼ tsp salt

12 tbsps organic unsalted butter

4 tbsps unrefined virgin coconut oil

1 ½ cups organic cane sugar

1 large egg + 1 large egg yolk

2 tsp vanilla extract

1 ½ cups dark chocolate chips

DIRECTIONS:

Preheat oven to 350 degrees F.

In a large bowl, whisk together the oats, flour, yeast, flaxseed, baking powder, soda, cinnamon and salt.

In the bowl of your electric mixer, beat the butter and coconut oil on medium speed until creamy. Add in the sugar and beat on medium to high speed until fluffy (about 4-5 minutes) scraping down the sides of the bowl if needed. Add in egg and egg yolk, beating until combined, about 2-3 minutes. Add in the vanilla and beat until combined again. Gradually add in the dry ingredients, beating on low speed until just combined and mixed. Stir in the chocolate chips with a spatula until they are evenly dispersed.

Scoop the dough into one inch rounds and place on a baking sheet about two inches apart. Bake for 10 to 14 minutes, or until the bottoms are just golden. Let cool completely before storing in a sealed container.