

Lactation Cookies

- 2 cups all purpose flour
- 4-6 tbsps brewers yeast
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp baking soda
- 2 tbsps ground flaxseed
- 4 tbsps water
- 1 cup unsalted butter
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup white sugar
- 2 eggs
- 1 tsp vanilla
- 3 cups old fashioned oats
- 1 $\frac{1}{2}$ cups chocolate chips
- $\frac{1}{2}$ cup chopped walnuts



Instructions

1. Mix ground flaxseed & water, set aside for 3-5 minutes
2. Sift together flour, brewers yeast, salt, cinnamon, baking soda
3. In a large bowl, cream together butter & sugars, add eggs one at a time, mix well
4. Stir in flaxseed mixture and vanilla. Beat until well blended
5. Stir in flour mixture until combined
6. Using a spatula, add in oats, chocolate chips & walnuts
7. Place dough in fridge for at least 1 hour or overnight, or freezer for 10 minutes.
8. Scoop cookies onto a baking sheet, preheat oven to 350F. Bake for 12-15 minutes

Notes:

You can freeze cookies after baking or freeze dough balls and bake from frozen. Add a few minutes of baking time if needed.

You can omit walnuts, or add other nuts if you prefer.