

LACTATION COOKIES

- 1 cup **butter or coconut oil** (the healthier option)
- 3/4 cup black strap molasses
- 1 cup firmly packed **brown sugar**
- 4 tablespoons **water**
- 2 tablespoons **flax seed meal**
- 2 **eggs**
- 1 teaspoon **vanilla**
- 3 cups whole wheat, non-bleached **flour**
- 1 teaspoon **baking soda**
- 1 teaspoon **salt**
- 3 cups **oats**
- 3/4 cup **chocolate chips**
- (Optional) 3/4 cup: **almonds, walnuts or anything else that makes you happy**
- 4 tablespoons **brewer's yeast** (this is where the magic happens. Do not confuse with bakers yeast or any other yeast)

DIRECTIONS

- 1.Preheat oven to 350°.
- 2.Mix the flaxseed meal and water and let sit for 3-5 minutes.
- 3.Beat butter, sugar, and brown sugar well.
- 4.Add eggs and mix well.
- 5.Add flaxseed mix and vanilla, beat well.
- 6.Sift together flour, brewers yeast, baking soda, and salt.
- 7.Add dry ingredients to butter mix.
- 8.Stir in oats and chips.
- 9.Scoop onto baking sheet.
- 10.Bake for 12 minutes.
- 11.Let set for a couple minutes then remove from tray.