



RECIPE

LACTATION COOKIES

@MOTHERMOON_HYPNOBIRTHING

BASE INGREDIENTS

- 1 1/2 cup of oats (or oat flour if you like a smoother textured cookie)
 - 1 cup almond flour (or spelt flour)
 - 1/2 cup coconut oil
 - 1/4 cup maple syrup
 - 1 teaspoon vanilla
 - 2 tablespoons flaxseed meal + 3 tablespoon water combined OR 2 eggs
 - 1/2 teaspoon salt
 - 1-2 tablespoons Brewers yeast
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METHOD

Combine above in a bowl, then add your desired flavourings:

- Dark chocolate chips
- Cacao powder
- Peanut butter
- Nuts
- Organic dried fruit (blueberries or raspberries work well)
- Coconut

Roll out into balls of desired size.

Slightly flatten on a baking tray lined with baking paper.

Place in preheated oven at 180 degrees Celsius for 12 minutes.

Allow to cool then Enjoy!

STORAGE

Store in a dark cool place, or keep a few out to enjoy and freeze the rest for later!

This recipe makes 20-24 cookies