

Milky Way Cookies

(increases lactation while breast feeding)



1 C butter
1 C sugar
1 C brown sugar
4 T water
2 T flaxseed meal
(DO NOT substitute)
2 large eggs
1 t baking soda
1 t salt
2 C flour
3 C thick cut oats
2 C chocolate chips
4 T brewer's yeast
(DO NOT substitute)

INSTRUCTIONS

- Preheat oven to 375° F
- Mix 2 T of flaxseed meal and water, set aside 3-5 min.
- Cream butter and sugar
- Add eggs
- Stir flaxseed mix into butter mix and add vanilla
- Beat until well blended
- Add flour, baking soda, salt, and brewer's yeast, beat slowly until blended
- Stir in oats and chocolate chips
- Drop on parchment paper lined baking sheet
- Bake 8-12 min.