

Lactation Cookies

These cookies were ones that I made for my wife when she was nursing our daughter. At the end of the day they're oatmeal chocolate chip cookies but the addition of things like flax seed meal and wheat germ add protein, B vitamins and calories to help mommy out!

Makes ~ 40 cookies

Ingredients:

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| 2 Tbsp | flax seed meal |
| ¼ cup | water |
| 1 cup (2 sticks) | unsalted butter – softened |
| ¾ cup | granulated sugar |
| ¾ cup | packed dark brown sugar |
| 2 ea | eggs |
| 1½ tsp | vanilla extract |
| 2 cups (10½ oz) | all-purpose flour |
| ¼ cup | nutritional yeast (or brewer's yeast) |
| 1 Tbsp | wheat germ |
| 1 tsp | baking soda |
| ½ tsp | salt |
| ½ tsp | cream of tartar |
| 2¼ cups | old fashioned rolled oats |
| 1 cup | semi-sweet chocolate chips |

Method:

- Preheat oven to 350° F. Line baking sheets with foil, parchment or silicone liners.
- Mix flax seed meal with water in a small bowl and stir to combine. Let rest for at least 5 minutes.
- Beat butter with granulated and brown sugar until creamy and fluffy in a large electric mixer.
- Add eggs and beat in one at a time.
- Add vanilla and flax seed meal mixture, and beat to combine.
- Mix together flour, nutritional yeast, wheat germ, baking soda, salt, cream of tartar in a bowl, and add to the butter mixture in the mixer. Mix together on the slowest speed until everything is just combined.
- Add oats and chocolate chips, and fold in gently, but quickly.
- Spoon cookies out onto baking sheets in desired size. These cookies don't spread much, so they can be relatively well-packed in on the sheets.
- Bake for 14 minutes, switching the cookie sheets top to bottom and rotating 180 degrees half-way through the cooking process.
- Cookies are done when puffed and golden on the edges. Let cool on a wire rack before serving.