

## Lactation Cookie Recipe

### Ingredients

- 1 cup [butter](#)
- 1 cup [sugar](#)
- 1 cup firmly packed [brown sugar](#)
- 4 tablespoons [water](#)
- 2 tablespoons [flax seed meal](#)
- 2 [eggs](#)
- 1 teaspoon [vanilla](#)
- 2 cups [flour](#)
- 1 teaspoon [baking soda](#)
- 1 teaspoon [salt](#)
- 3 cups [oats](#)
- 1 cup chocolate chips
- 2-5 teaspoons of brewers yeast

### Directions

- Preheat oven to 350°.
- Mix the flaxseed meal and water and let sit for 3-5 minutes.
- Beat butter, sugar, and brown sugar well.
- Add eggs and mix well.
- Add flaxseed mix, and vanilla, beat well.
- Sift together flour, brewers yeast, baking soda, and salt.
- Add dry ingredients to butter mix.
- Stir in oats and chips.

- Scoop onto baking sheet.
- Bake for 12 minutes.
- Let set for a couple minutes then remove from tray.