



LACTATION COOKIES

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North East Natural Health Centre Cooking Corner

LACTATION COOKIES

— Easy Recipes —

Ingredients

1 cup coconut oil (extra virgin cold pressed)
½ cup of honey
4 tablespoons water
2 cup flaxseed meal (or LSA depending on where you live)
2 eggs
3 cups oats (any kind but stay away from instant)

Method

Soak the linseed in water. Yes, you MUST do this to soften it.
Mix coconut oil and honey together.
Throw wet ingredients into a small bowl. So this includes the oil, sugar, eggs and the linseed/water mixture.
Combine dry ingredients in another bowl and then add in the wet ingredients. Mix well.
Use a spoon to get them into cookie shapes and pop onto a baking tray lined with baking paper.
Bake for 10-15 minutes at 180 degrees. Or until golden brown.
Set aside to cool and then eat as many as you can whilst feeding bub.