

Lactation Cookies

Foods and Nutrition- Nutrition Across the Lifespan

Ingredients:

- 1 Cup of Butter
- 1 Cup of Brown Sugar
- 1/2 Cup of Sugar
- 2 Eggs
- 2 Teaspoons Vanilla
- 1 and 1/2 Cups Flour
- 3/4 Teaspoon Salt
- 1/2 Teaspoon Baking Powder
- 3 Tablespoons Ground Flaxseed
- 1/3 Cup Brewer's Yeast
- 3 Cups Old-Fashioned Rolled Oats
- 1 and 1/2 Cups Chocolate Chips



Directions:

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. Using a mixer, beat together the **Butter, Brown Sugar, and Granulated Sugar** until light and fluffy, about 5 minutes.
3. Beat in the **Eggs**, one at a time, followed by the **Vanilla**.
4. Whisk together the **Flour, Salt, Baking Powder, Flaxseed, and Brewer's Yeast**. Add this to the mixing bowl and beat until just combined.
5. Add the **Oatmeal**, mixing again until just combined.
6. Stir in the **Chocolate Chips**.
7. Roll dough into balls about the size of a ping pong ball and place onto the lined cookie sheets.
8. Bake 10-12 minutes, or until the bottom is golden brown. Cookies will puff up a bit in the oven; if you prefer flatter cookies, press down on the top of each cookie with the underside of a spatula.
9. Cool on the baking sheet for 10 minutes, then transfer to a wire rack to cool completely.