

Lactation Cookies



Oats, brewer's yeast, fennel and flax seed are all ingredients considered to be galactologues – substances that promote lactation.

NOTE: Brewer's yeast can be found in the health food section of the supermarket, or a health food specialty store.

INGREDIENTS:

- rolled oats - 2 ¼ cups (make sure you use fine rolled oats, not the large Jumbo rolled oats)
- brown sugar - ½ cup, firmly-packed
- brewer's yeast/savoury yeast flakes - 1-2 tablespoons
- ground flax seed or LSA - 2 tablespoons
- salt – a good pinch
- fennel seeds 1 tablespoon, lightly toasted and ground*
- ground cinnamon 1 teaspoon
- butter 100g, melted (or coconut oil for dairy-free)
- free-range egg 1

METHOD:

- Preheat oven to 180degC. Line a baking tray with baking paper.
- Place all ingredients in a mixing bowl and mix together until well combined.
- Roll tablespoons of mixture into balls and place on prepared baking tray, evenly spaced apart. Use a fork to gently flatten cookies. Bake for 12-14 minutes until light golden. Leave cookies to cool. They will keep for up to a week in an airtight container, or can be frozen.

**Place fennel seeds in a fry pan and toast on medium heat for a few minutes until light golden and fragrant. Finely crush/grind in a mortar and pestle.*

** Recipe c/o Nadia Lim