



# Lactation Support Cookies

60 cookies

- ¼ cup softened coconut oil
- 2 tablespoons flaxseed meal
- ½ cup unsweetened applesauce
- 1 cup sucanat
- 2 tablespoons flaxseed meal mixed with 4 tablespoons water, set aside
- 2 large eggs
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 3 cups oat flakes
- 2 tablespoons Brewer's Yeast (no substitutions)
- 1 cup whole wheat pastry flour
- 1 cup whole wheat flour
- ¼ teaspoon sea salt
- 1 cup chocolate chips
- 1 cup slivered almonds
- ⅓ cup raisins
- ¾ teaspoon ground fenugreek (optional)

Preheat oven to 375°. In large bowl, mix coconut oil, flaxseed meal and ½ cup unsweetened applesauce; mix well. Stir in sucanat, mixing to dissolve sugar. Add flaxseed/water mixture, eggs and vanilla; mix to incorporate until eggs are well blended. In separate bowl, stir together baking soda, oats, Brewer's Yeast, flours, sea salt and add to wet ingredients. Stir to mix; then stir in chocolate, almonds, raisins and fenugreek (if desired). Roll dough into 1-inch balls, place on baking sheet 1 inch apart and bake 8 to 12 minutes until set and just starting to get golden.

**Per Serving:**

- 87 Calories
- 4 gm Total Fat
- 2 gm Saturated Fat
- 35 mg Sodium
- 12 gm Carbohydrate
- 2 gm Fiber
- 2 gm Protein

