

No Bake Lactation Cookie balls

Ingredients:

- ½ cup of whole rolled oats (not quick oats)
- ¼ cup almonds, cashews or walnuts
- 3 tbsp linseed or flaxseed meal
- ½ tsp cinnamon
- 2 tbsp brewer's yeast
- 1/3 cup dried dates, chopped
- 2 tbsp water
- 1 tbsp honey, rice malt syrup or maple syrup
- 4 tbsp desiccated coconut, for rolling

Method:

- Process the oats, nuts, linseed meal, cinnamon and brewer's yeast until it turns into a powder in a food processor.
- Now add the dates, water and honey and blend again until it forms a cookie dough.
- Using slightly damp hands, roll small balls of dough and then roll in the coconut.
- Place on a plate and chill in the fridge for an hour.
- Store in an airtight container in the fridge for up to one week, or in the freezer for two months for an easy to grab snack.

Makes 20 small balls

Calories per ball: 60

Lactation Cookies

Ingredients

- 2 cups organic rolled oats
- 1/2 cup organic coconut sugar
- 1/4 cup tapioca flour (can use organic cornstarch or arrowroot flour)
- 1/4 cup nutritional yeast flakes
- 1 TB fennel seed, ground
- 1 tsp. aluminum-free baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. sea salt
- 1/2 cup almond butter (can replace with sunflower or tahini if allergic to tree nuts)
- 1/4 cup, plus 2 TB coconut oil, melted
- 2 eggs (can replace with chia seed or other egg replacement)
- 2 TB raw honey (
- 1/2 tsp. Organic vanilla extract (can use almond or orange as well)

Directions

1. Pre-heat oven at 350 degrees fahrenheit.
2. Put your 2 cups of rolled oats into a high speed blender or food processor. Blend until the oats are a flour-like consistency.
3. Measure out 1 TB of fennel seeds and grind in coffee grinder or with mortal and pestle until fine powder.
4. Put dry ingredients into large bowl and mix.
5. In a smaller bowl, put your almond butter, melted coconut oil, honey, eggs and vanilla extract. Mix well.
6. Pour the contents of smaller bowl into the dry ingredient bowl. Mix well with spoon or clean hands.
7. Grease a cookie sheet with coconut oil. Form small **flat** balls, about the circumference of a silver dollar.
8. Bake cookies in oven for 15-20 minutes. Check for slightest browning on outside of cookie.
9. Take out and transfer cookies to a cooling rack.
10. Enjoy warm, or let cookies cool to room temperature. Then store in an air-tight glass container

Lactation Smoothie

- 1.2-2 cups raw spinach
- 1/2 cup cooked oatmeal (old fashioned is best- not instant)
- 2 Tablespoons brewer's yeast
- 2 Tablespoons flaxseed or flax meal (freshly ground)
- A few shakes of cinnamon, to taste
- 1 small frozen banana, sliced
- 1 apple, chopped into blend able pieces
- 1 cup Mama's Milk Tea or Fenugreek tea
- Coconut water or almond milk to thin if necessary
- Optional: contents of 1-3 fenugreek capsules (only add these if you are taking the capsules anyway)

Put all ingredients in blender in the order listed (this makes blending easier). If necessary, add extra liquid- water is fine, but almond milk or coconut water will add nutritional benefits, too. It tastes a lot like an oatmeal cookie