

Best-Ever Lactation Cookies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups buckwheat flour
- 1 1/2 cups rolled oats
- 1/4 cup brewer's yeast
- 1/4 cup ground flaxseeds
- 1.5 tbsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp sea or pink salt
- 1/2 cup mini chocolate chips
- 3/4 cup melted coconut oil
- 1/3 cup maple syrup*
- 1 banana, mashed (use 2 bananas if you omit the maple syrup)
- 1/4 cup filtered water
- 1/4 cup raisins (re-hydrated in water)
- 1/4 cup chia seeds
- 3/4 cup water (this water is for the chia seeds)

Instructions:

1. Preheat oven to 350F degrees.
2. Combine chia seeds and 3/4 cup water. Let sit for 5 minutes and stir until it becomes egg-like.
3. Combine all the dry ingredients in a large bowl: flour, oats, yeast, flaxseeds, cinnamon, baking powder, baking soda, salt and chocolate chips.
4. In a separate bowl, combine wet ingredients: coconut oil, maple syrup, banana, water, raisins and chia seed mixture.
5. Add the wet ingredients to the dry ingredients. Mix until fully combined.
6. Drop spoonfuls on to a greased cookie sheet. You don't have to flatten them with a fork! Just thought I would mention this because that saves you a step! Unless of course you want them to look super pretty, then flatten.
7. Bake for 10-15 minutes. I have a convection oven so they baked in 10 minutes. Keep in mind there is nothing in these cookies that technically has to bake. Do NOT overbake as this will result in tough cookies. Keep them soft and chewy.

Notes:

Makes 3 dozen cookies. Freeze for months or refrigerate. *I suggest you give the batter a taste-test before baking. I didn't make them very sweet, and if you want to add more maple syrup then you can!