lactation COOKIES



*These healthy* ***Lactation Cookies*** *are so simple to throw together and new moms love them! Filled with wonderful natural ingredients and they taste amazing, too! They’re whole grain, all-natural, gluten-free, and vegan. Made without refined sugar, oil, or butter, these cookies are thick and chewy, and filled with flavor. Even non-nursing moms love these for quick and lasting energy.*

**INGREDIENTS**:

2 cups (160g) old-fashioned whole oats

1/2 teaspoon salt

1 teaspoon ground cinnamon

1 cup (250g) peanut butter, almond butter, cashew butter or sunflower seed butter

1/4 cup (60ml) pure maple syrup (NOT pancake syrup) or honey

1/3 cup (60g) natural unsweetened apple sauce or apple butter

1 large ripe banana, mashed (about 1/2 cup)

1/3 cup (75g) raisins or chopped dates

1/3 cup (75g) dried cranberries or dried cherries

1/3 cup dark chocolate chips

1/3 cup (70g) pepitas (pumpkin seeds)

1/4 cup (28g) ground flax

3 Tablespoons brewers yeast

2 Tablespoons milk

**HOW I MAKE THESE**:

1. Preheat oven to 325°F. Line 2 large baking sheets with parchment paper or silicone baking mats; set aside.
2. In the bowl of a stand mixer, combine all of the ingredients (or use a hand mixer).
3. Mix until all of the ingredients are combined. The dough will be thick and heavy.
4. Using a 1/4 cup measuring cup, portion 1/4 cup mounds of cookie dough onto prepared cookie sheet.
5. Use the back of a spoon or your fingers to slightly flatten out into a cookie shape. (These cookies will not spread in the oven.)
6. Bake for 15-18 minutes or until the edges are slightly brown. Because of different ingredients you may use and different ovens, use your eyes – when the edges are lightly browned, they’re done!
7. Remove from oven and cool cookies on the baking sheets for 10 minutes, then transfer to a wire rack to cool completely.
8. Wrap cookies individually and store at room temperature for up to 5 days, in the refrigerator for up to 10 days, or freeze for up to 3 months.

**YIELD**: Makes 12 cookies.

**RECIPE NOTES**:

* **Breakfast Cookies:** Because toddlers and everyone else seems to love these cookies too, you can leave out the brewer’s yeast and milk and call them “Breakfast Cookies” – a great way to start the day with a quick and easy, on-the-go breakfast!
* **Oatmeal:** For best results, use whole oats (old-fashioned oats) for this recipe. Quick oats or instant oatmeal will not give you the same chewy texture and will result in a dryer cookie.
* **Apple Butter:**I love using apple butter in these breakfast cookies, but 1/3 cup of unsweetened applesauce works in its place.
* **Nut Butter:** Peanut Butter, Almond Butter, Cashew Butter or Sunflower Seed Butter
* **Fruit Butter:** Apple Butter, Pumpkin Butter or Unsweetened Applesauce are wonderful choices!
* **Cookie Add-Ins:** These cookies are easily customizable to your favorite cookie add-ins. For the perfect consistency and to hold their shape, keep add-ins to no more than 1-1/2 cups total.
* **Dried Fruit:** Raisins, Craisins or chopped Dates are all wonderful. I recommend dried fruit, rather than dehydrated or freeze-dried fruit for this recipe. Dried apples, strawberries and apricots are also tasty options.
* **Nuts & Seeds**: Pepitas (pumpkin seeds), sesame seeds, sunflower seeds, honey-roasted nuts, peanuts, pecans, or sunflower seeds all add nice crunch.
* **Dark Chocolate Chips**: Probably my most-requested add-in!
* **Double Batch:** The recipe can easily be doubled to make a bigger batch.
* **Gluten Free:** Use certified GF oats for gluten free cookies.
* **Vegan:** Use pure maple syrup (NOT pancake syrup) rather than honey to keep these cookies vegan.
* **Freezing Instructions:**  I wrap each of these cookies individually before freezing. Cookies can be frozen up to 3 months. Thaw on the counter or in the refrigerator. Enjoy these cookies chilled, or bring to room temperature, or warm in the microwave for a few seconds before eating.

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