



## Gluten Free (and Dairy Free) Lactation Cookies

Adapted from: [www.howsweeteats.com/2015/02/lactation-cookies/](http://www.howsweeteats.com/2015/02/lactation-cookies/)

### Ingredients:

3 cups old fashioned rolled oats  
1 1/2 cups gluten free flour (follow package instructions if additional ingredients required with flour)  
5 tablespoons brewers yeast (can add 1-2 more tablespoons if wanted)  
3 tablespoons ground flaxseed  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
12 tablespoons organic unsalted butter (for dairy free use Earth's Best Brand)  
4 tablespoons unrefined organic virgin coconut oil  
1 cup organic cane sugar  
1/2 cup coconut palm sugar (or fully replace the additional 1 cup of cane sugar with all coconut palm sugar)  
1 large egg + 1 large egg yolk  
2 teaspoons vanilla extract  
1 1/2 cups dark chocolate chips/chunks or dairy free chocolate chips (enjoy life brand)

### Directions:

Preheat the oven the 350 degrees F. In a large bowl, whisk together the oats, flour, yeast, flaxseed, baking powder, soda, cinnamon and salt. In separate bowl, mix butter and coconut oil on medium speed until creamy. Add sugars and mix until fluffy. Add in egg and egg yolk, beat until combined. Add the vanilla and then gradually add in the dry ingredients, beating on low speed until just combined and mixed. Stir in the chocolate chips until evenly dispersed.

Place 1 inch round dough balls on a baking sheet and bake for 10 to 14 minutes, or until the bottoms are just golden. Let cool. You can easily freeze this dough - scoop the rounds on a baking sheet, place the sheet in the freezer for 2 hours, then place the dough rounds in a ziplock bag and store in the freezer. Bake at the same temp - they may or may not need an extra minute or 2 - your preference! You can probably decrease the sugar by 1/4 cup without issue.