



Milkbar Lactation Cookies

Is there anything better than curling up with a cuppa and a cookie? We certainly don't think so. So with that in mind, we have lovingly created these divine cookies so that you can enjoy a delicious treat while boosting your precious milk supply



MAKES
20



TIME
30 min



DIFFICULTY
Easy

INGREDIENTS

- 120g butter
- 100g white sugar
- 100g soft brown sugar
- 1 tbsp ground flaxseed/linseed
- 1 egg
- 1 tsp vanilla extract
- 150g plain flour
- ½ tsp baking soda
- 1 tbsp brewers yeast
- ½ tsp salt
- ⅔ c whole oats
- ⅓ c quick oats
- 100g Whittakers 50% dark choc

METHOD

1. Preheat oven to 180°C
2. Melt butter in a small saucepan and heat until the butter is melted and the milk solids caramelize - this should take around 4mins. Keep an eye on it and stir regularly as you don't want the milk solids to burn. Once its done the butter will have a delicious nutty smell to it.
3. Put the butter aside to cool for 10mins.
4. In a small bowl, add the flaxseed/linseed and water and allow it to sit for 5mins.
5. In another bowl sift the flour, baking soda, brewers yeast and salt and set aside.
6. Add white sugar, soft brown sugar, egg, vanilla extract and the flaxseed/linseed mix to the butter and whisk together.
7. Add the butter mixture to the dry ingredients and mix well.
8. Add oats and roughly chopped chocolate and stir.
9. Scoop large tablespoon amount of cookie dough and arrange on a baking tray with plenty of space around them. Don't flatten the cookie balls - they will spread out as they bake.
10. Bake for 10-12minutes.

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