

## Recipes

### Lactation Brownies

#### Ingredients

- Your favorite box brownie mix
- 2 tbsp. of brewer's yeast
- Oil, water and egg according to directions on box
- Extra tbsp. of water
- Optional 1 tbsp. of flaxseed

#### Instructions

1. Preheat oven to 350 degrees
2. Mix all dry ingredients (brownie mix, brewer's yeast, flaxseed)
3. Mix in oil, water and egg
4. Mix well
5. Bake for 25 minutes
6. Enjoy!

### No-Bake Lactation Bites

#### Ingredients

- 2 cups old-fashioned oats
- ½ cup ground or milled flaxseed
- 3 tablespoons brewer's yeast
- 1 cup peanut butter or almond butter
- ½ cup honey
- 1 teaspoon vanilla
- ½ cup dark chocolate chips

#### Instructions

1. In the bowl of an electric mixer fitted with the paddle attachment, add all ingredients except for chocolate chips.
2. Mix on low speed until mixture is well combined.
3. Stir in chocolate chips.
4. Roll mixture into 2-tablespoon sized smooth balls and place on a parchment-lined baking sheet.
5. Place in the refrigerator for 30 minutes or enjoy right away.
6. Once the bites have set, transfer them to an air-tight container and store in the refrigerator for up to 2 weeks.

## **No Bake Lactation Cookies**

### Ingredients

- ½ cup 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
- ⅓ cup dried dates chopped
- 2 tbsp. water
- 1 tbsp. honey, rice malt syrup or maple syrup
- 4 tbsp. desiccated coconut (for rolling)

### Instructions

1. In a food processor, process the oats, nuts, linseed meal, cinnamon and brewer's yeast until it turns into a powder.
2. Add the dates, water and honey and blend again until it forms a cookie dough.
3. Using slightly damp hands, roll small balls of dough and then roll in the coconut.
4. Place on a plate and chill in the fridge for an hour.
5. 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.

## **Oatmeal and Banana Lactation Smoothie**

### Ingredients

- 1 ¼ cup almond milk
- 1 banana
- ¼ cup oatmeal
- 1 tbsp peanut butter
- 1 tbsp flax meal
- 1 tbsp brewer's yeast
- 1 ½ tbsp honey
- Dash of cinnamon
- Dash of nutmeg

### Instructions

1. Combine all ingredients in a blender
2. Blend until desired consistency
3. Garnish with cinnamon and nutmeg