

# Healthy, Vegan, Delicious Lactation Cookies!

- ♥ 2 cups oats
- ♥ 4 tbsp ground flax seeds
- ♥ 1/2 cup water
- ♥ 1 cup coconut sugar (I cut this in half)
- ♥ 1/4 cup brewers OR nutritional yeast (I've always used nutritional yeast!)
- ♥ 1 tsp vanilla
- ♥ 1/2 tsp baking soda
- ♥ 1/4 tsp sea salt
- ♥ 1/2 cup oats
- ♥ 2/3 cup dark chocolate chips
- ♥ 6 tbsp coconut oil

Preheat oven to 350 degrees.

Grind up the 2c oats (save for later).

Combine flax seeds & water.

Add coconut oil, coconut sugar, yeast, vanilla, baking soda & salt.

Mix well.

Gradually fold in the ground oats.

Then add chocolate chips and 1/2 cup non ground oats.

Put spoonfulls of dough on parchment paper

BAKE 10-12 minutes. YUM!

