

## LACTATION COOKIES

Original recipe makes 36 cookies [Change Servings](#)

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- 2 tablespoons flax seed meal
- 1/4 cup water
- 1 cup butter, softened
- 1 cup white sugar
- 1/2 cup brown sugar
- 3 egg yolks
- 1 1/2 teaspoons pure vanilla extract
- 2 cups all-purpose flour
- 1/4 cup brewers' yeast
- 1 tablespoon wheat germ
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cream of tartar
- 2 1/2 cups old-fashioned oats
- 1 cup chocolate chips

[Check All Add to Shopping List](#)

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix flaxseed with water in small bowl and let soak for 5 minutes.
3. Beat butter, white sugar, and brown sugar together in a large mixing bowl until creamy. Add egg yolks and vanilla extract; beat to incorporate. Stir flax seed mixture into the butter mixture.
4. Mix flour, brewer's yeast, wheat germ, baking soda, salt, and cream of tartar in a separate bowl; add to butter mixture and stir until just combined. Fold oats and chocolate chips into the dough.
5. Roll dough into walnut-sized balls and place 2 inches apart onto a baking sheet.
6. Bake in the preheated oven until the edges are golden, 10 to 12 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.