

# Healthy Lactation Cookies

## Yield: 30 Cookies

- 3 large, ripe bananas, well mashed (about 1 ½ cups)
- 1 teaspoon vanilla extract
- 1/2 cup coconut oil, warmed to a liquid state
- 1/4 cup peanut butter
- 3 cups rolled oats
- 2/3 cup almond meal
- 3 tablespoons ground flax seed
- 4 tablespoons reduced bitterness Brewer's yeast
- 1/2 teaspoon salt
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- 7 ounces (about 1 ½ cups) chocolate chips or dark chocolate bar chopped

## Instructions

1. Preheat oven to 350 degrees, racks in the top third.
2. In a large bowl combine the bananas, vanilla extract, coconut oil, and peanut butter. Set aside. In another bowl whisk together the oats, almond meal, flax seed, Brewer's yeast, salt, cinnamon, and baking powder.
3. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chips/chunks. The dough will be a bit looser than a standard cookie dough. Drop dollops of the dough, each about 2 tablespoons in size, an inch apart, onto a parchment-lined baking sheet (the cookies won't spread so they can be placed pretty close together). I like to use a cookie scoop so that my cookies are the same size.
4. Bake for 12 - 14 minutes, until the oats are toasty. Check them about three quarters of the way through baking time to make sure the bottoms don't burn.