

# Lactation Cookies

Cook Time: 12 minutes  
Servings: 36



## The Ingredients

- 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

## Directions

- Preheat oven to 350°F.
- Mix flaxseed with water in small bowl and let soak for 5 minutes.
- 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.
- 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.
- Roll dough into walnut-sized balls and place 2 inches apart onto a baking sheet.
- 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.

# Lactation Lemonade

Prep Time: 5 minutes

Servings: 5 cups



## The Ingredients

- 1 cup freshly squeezed lemon juice
- 4 cups brewed mother's milk tea
- Add cooled sweetener of your choice to taste

## Directions

- In a large pitcher, combine water and tea then stir.
- Add sweetener slowly, stirring and tasting often. Sweeten to taste.
- If the lemonade is too strong, you can add a little bit of water.
- Refrigerate for up to one week.

# Chicken Barley Soup

Cook Time: 45 minutes

Servings: 4



## The Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1/2 lb button mushrooms, sliced
- 2 carrots, peeled and diced
- 5 baby potatoes, cut into small pieces
- 2 garlic cloves, minced
- 1 900-mL carton vegetable broth
- 1 cup water
- 1/2 cup pearl barley
- 2 skinless boneless chicken breasts, cut into small cubes
- 1 cup frozen green peas

## Directions

- Heat a large pot over medium heat. Add oil, then onion. Cook until onion starts to soften, about 3 min.
- Add mushrooms, carrots, potatoes and garlic. Cook until mushrooms soften, about 3 min.
- Add broth, water and barley. Boil, then reduce heat to medium-low.
- Simmer, covered, until barley is tender, about 25 min. Stir in chicken and peas until chicken is cooked through, about 10 min.