



Moana Lactation Cookies

Ingredients:

- 300 g margarine / butter / coconut oil
- 255 g light brown sugar
- 3 eggs / egg replacer
- 225 g plain flour
- 225 g whole oats
- 1 ½ tsp bicarbonate of soda / baking soda
- 150 g desiccated / shaved coconut
- 80 g dried cranberries
- 100g dates
- 2 tablespoon flax seed / flax meal
- 2 tablespoons brewers yeast
- 50g choice of chopped nuts / skip for nut free
- 50g milk chocolate chips

Directions:

- Preheat the oven to 185°C (365°F). Line two baking sheets with greaseproof paper.
- Cream the margarine / butter / oil with the brown sugar. Add the egg and combine.
- Add all other dry ingredients, and mix well to give a soft dough. Stir in the dried cranberries, nuts, choc chips until evenly distributed.
- Place heaped tablespoons of the mixture, spaced well apart, on the prepared baking sheets.
- Bake at 185°C (365°F) for around 5 minutes, then squash each cookie gently with a fork to encourage it to spread. Return to the oven and bake for another 5+ minutes until golden brown.
- Remove from the oven, wait a few minutes for the cookies to firm up slightly, and then transfer using an egg flip to wire racks to cool.

*Leave out or replace allergy relevant ingredients as appropriate

Enjoy xx

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Why Lactation Cookies?

There is little evidence to suggest that lactation cookies can in effect, assist with milk supply and production, however, we know that happiness = oxytocin. Along with eating delicious, nourishing cookies while having a rest and taking a minute for ourselves - or - cookie in hand whilst feeding your hungry baby - these scrumptious cookies can help in both situations. The secret ingredients behind lactation cookies are called 'galactagogues'. These galactagogue ingredients increase the body's prolactin levels, which is a hormone involved in milk production. However, remember to feed and or pump regularly, as breast emptying is what demands more supply.

Define:

GALACTOGUQUE

A galactagogue is a substance that increases milk production in humans and other animals. Galactagogues can be natural or synthetic, and can be taken as foods, herbs, or medications.

Galactogues:

- Oats
- Flaxseed Meal
- Fenugreek
- Brewers Yeast
- Fennel
- Ginger
- Almonds

Storage:

In a sealed jar/ container for a week, or freeze and pull out and enjoy after sitting out for a bit.

Dates... are great for keeping things moving!

