

## Ingredients

- 1 cup butter or margarine (for a healthier option, use coconut oil instead which is super good for you!)
- 1 & 1/2 cups brown sugar (if wanting to reduce sugar, you could try just 1 cup)
- 4 tablespoons water
- 2 tablespoons flaxseed meal (can be found at any local health food store, or make your own- sooo much better)
- 2 large eggs
- 1/2 teaspoon vanilla extract
- 2 cups plain flour (for a healthier option, try substituting with coconut flour, spelt flour, rice flour etc., either half or all)
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 cups oats, thick cut if you can get them
- 1 cup or more chocolate chips/sultanas/almonds/macadamia/peanuts (optional, whatever takes your fancy)
- 2-4 tablespoons of brewers yeast (this is the magic ingredient – not to be confused with bakers yeast or any other yeast)

**IMPORTANT! Do not substitute the brewers yeast** for any other products or yeasts... that's the ingredient which makes them work, along with oats. Nutritional yeast and bakers yeast is different. If you don't notice much of an increase in milk flow the first time or if you need to increase your supply even more, add more brewers yeast.

## Variation Ideas

- Coconut and banana
- Choc chip and cranberry
- Dried apricot and white chocolate
- Apple cinnamon: 1 tsp cinnamon instead of vanilla, 1/2 cup chopped dried apple and 1/2 cup sultanas. 2 tbsp stewed apple can make cookies to turn out lovely and moist.
- For a healthier cookie, substitute some or all of the butter for virgin coconut oil which is SO good for your body (inside and out) with a mountain of benefits, including anti-fungal and anti-bacterial properties. Choose an organic oil if you can. Virgin coconut oil is best – avoid the refined/blended products for best results.

## Method

Preparation time is around 15 minutes.

Preheat the oven to 180C.

- Mix together 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes.
- Cream (beat well) margarine and sugar. Add eggs one at a time, mix well.
- Stir flaxseed mixture and add with vanilla to the margarine mix. Beat until blended.
- Sift together dry ingredients, except oats and chips.
- Add to margarine mixture. Stir in oats then chips.
- Scoop or drop onto a greased or lined baking tray. Because the dough is a little crumbly, it might be easier if you use a scoop.

Bake for 8-12 minutes, depending on size of cookies. This recipe makes heaps – depending on the size you make, you could end up with 5-7 dozen. Cut the recipe in half if you want much less, or make the full amount and either freeze some, or bake half into cookies and save half for cookie dough.

## Where to Get Brewers Yeast

You can get brewers yeast from health food stores, in the home brew section of your local Big W or in health food isles of supermarkets. It's a bit cheaper to buy brewers yeast from supermarkets than from health food stores or home-brew suppliers.