

Lactation Cookies (adapted from several recipes, including <https://melaniemakes.com/oatmeal-raisin-chocolate-cookies/>)

1.5 - 2 dozen

Oven at 350 deg., parchment paper-lined cookie sheets (2)

1 cup of salted butter
1 1/3 cups of brown sugar
2 eggs
1 t vanilla
1.5 cups flour (gluten free blend)
1 t baking soda
1 t cinnamon
1 t salt
3 cups organic whole oats
1.5 cups raisins
1.5 cups chocolate chips
2-3 t fenugreek, ground finely to powder
2-3 t fennel seeds, ground finely to powder
2T brewer's yeast

In the bowl of an electric mixer, add butter, brown sugar, egg and vanilla.

Cream together on medium speed until soft and fluffy.

In separate bowl, combine flour, baking soda, cinnamon, yeast, fennel, fenugreek and salt. Mix well.

Add dry to butter mixture. Mix on low speed until just combined.

Add oats, raisins, and chocolate chips. Mix gently, until combined.

Chill 15 minutes in fridge (optional, but helps the cookies be chewy in the center).

Preheat oven to 350 degrees.

Scoop (medium ice cream scoop sized) balls of dough in blobs on the lined cookie sheets with a good distance between them.

Bake 10-12 minutes. Cool. Enjoy.

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