



# SIMPLE LACTATION MUFFINS OR COOKIES

(NUTRITIOUS & DELICIOUS FOR BREASTFEEDING MOMMAS & ANYONE!)

**PREP TIME:** 20 MINUTES **BAKE TIME:** ~25 MINUTES **TOTAL TIME:** 45 MINUTES  
MAKES ~24 MUFFINS OR COOKIES

## High Protein/Fibre Flour Blend

- 2 cups quick oats
- 1/2 cup ground flaxseeds
- 1/4 cup hemp hearts
- 2 tbsp chia seeds
- Blend all together to make the flour

## Then add

- 2 tbsp of brewer's or nutritional yeast
- 1 tbsp baking powder
- 1/4 tsp sea salt
- Mix these dry ingredients together

## Directions (after flour is made)

1. In a separate bowl, mash 5 ripe bananas
2. Add in
  - 1 cup coconut milk or milk of choice
  - 1/4 cup maple syrup
  - 2 tbsp olive oil
  - 1 tsp cinnamon
  - 1 tsp vanilla
3. Mix all the wet ingredients together
4. Add & stir in the flour blend
5. Add & stir in 2 more cups of quick oats & 1 cup dried cranberries

## \* Other add in options

- 1 cup of blueberries
  - 1/2 cup chocolate chips
  - 1/2 cup coconut flakes
  - 1/2 cups chopped nuts
6. Fill muffin tins or drop cookies with a tablespoon on a parchment paper lined cookie sheet
  7. Bake at 350°F ~20-25 minutes until toothpick comes out clean

FEET UP & ENJOY WITH SOME MOTHER'S MILK TEA