

# Mega Chocolate & Oatmeal Lactation Cookies

Egg-free, Gluten-free if GF ingredients are used

**Prep Time** 15 minutes

**Cook Time** 12-14 minutes

**Total Time** About 30 minutes + cooling

**Servings** About 24 cookies

## Ingredients

- 3 tbsp ground flax seed
- 1/4 cup water
- 1/2 cup butter, softened but not melted
- 3/4 cup brown sugar, packed
- 2 oz semisweet chocolate (=1/3 cup chocolate chips)
- 1 tbsp vanilla extract
- 1/4 cup plain Greek yogurt
- 1 cup oat flour, packed down in the measuring cup
- 1/4 cup unsweetened cocoa powder
- 1/4 cup de-bittered brewer's yeast
- 1 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/2 cup old-fashioned rolled oats (NOT INSTANT or STEEL CUT)
- Optional: 1 cup of add-ins of your choice:
  - chocolate chips, M&Ms, Reese's Pieces, marshmallows (will melt if cooked), mint chips, walnuts, etc.

## Instructions

1. Preheat oven to 350 degrees. Prep two baking sheets with parchment paper.
2. Combine ground flax seed and water. Stir well. Set aside.
3. Beat butter and sugar in an electric mixer until creamy.
4. Gently melt the semi-sweet chocolate:
  - a. in a double boiler or
  - b. in a microwave in 20-second intervals at 50% power, and stir with a spatula between each interval. Be careful not to introduce any liquid during melting.

DO NOT OVERCOOK! It will make it dry and crumbly. If this happens, add boiling water 1 teaspoon at a time, stirring thoroughly before adding more. Add the least water you can to make it smooth again.
5. Add the flax mixture, melted chocolate, vanilla, and yogurt to the butter and sugar. Mix well.
6. Add flour, cocoa powder, brewer's yeast, baking soda, and salt and mix until smooth.
7. Stir in oats. The dough should be sticky. If too dry, add a little more yogurt and stir.
8. Gently stir in your chosen add-ins.
9. Form dough into 3-inch balls and place on baking sheets about 2 inches apart.
10. Bake cookies for 12-14 minutes for softer cookies and 15-16 minutes for crispier cookies. Cookies will appear slightly underdone in the middle but will cook more on the baking sheet.
11. Let cookies rest for 5 minutes on the baking sheet and then transfer to a wire rack to cool. Let cool completely. Cookies will be very delicate until completely cooled and set up.