

# LACTATION RECIPES



## LACTATION FOODS – 7 GALACTAGOGUES (ALSO KNOWN AS FOODS TO INCREASE MILK SUPPLY)

Oatmeal

Dark Beer

Sweet potato

Fennel Seeds

Asparagus

Almonds

Unripe green papaya

Brown rice

Chickpeas

Spinach and beets

Apricots

Milk

Garlic and ginger

Salmon

Oils and fats

Carrots

Basil

Tahini

Barley

Dill

Nuts

# LACTATION COOKIES

## Ingredients

- 1 cup butter
- 1 cup sugar
- 1 cup firmly packed brown sugar
- 4 tbsp water
- 2 tbsp flaxseed meal (don't skip this step)
- 2 eggs
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 3 cups steel cut oats
- 1 cup chocolate chips
- 4 tbsp brewer's yeast

## Instructions

1. Preheat oven to 350°.
2. Mix the flaxseed meal and water and let sit for 3-5 minutes.
3. Cream the butter, sugar, and brown sugar.
4. Add eggs and mix well.
5. Add flaxseed mix and vanilla, mix well.
6. Sift together flour, brewer's yeast, baking soda, and salt.
7. Add dry ingredients to butter mix.
8. Thoroughly stir in oats and chocolate chips.
9. Scoop onto baking sheet, approximately 1" balls.
10. Bake for 12 minutes.
11. Allow cookies to set for a few minutes before removing from tray.
12. Enjoy!

## OATMEAL PB BITES

### Ingredients

- 1 cup old-fashioned rolled oats
- ¼ cup ground flaxseed
- ¼ cup sliced almonds, chopped
- 2 tbsp chia seeds
- 1/8 tsp cinnamon
- A pinch of salt
- ¼ cup + 2 tbsp creamy peanut butter, melted and slightly cooled
- ¼ cup + 1 tablespoon honey
- ¼ tsp vanilla extract
- 2 tbsp mini chocolate chips
- ¼ cup ground peanuts or ground almonds, to roll the balls in

### Instructions

1. Combine oats, almonds, flaxseed, chia seeds, salt and cinnamon in a large bowl and stir.
2. Melt peanut butter and allow it to cool slightly (I melted mine in the microwave for about 30 seconds, then stirred), then stir in honey and vanilla extract until it's combined. Once peanut butter has cooled a bit, pour it over the oat mixture and mix well with a spoon then bring together with your hands. Once the mixture is sticking together, fold in chocolate chips.
3. Roll dough into golf-ball sized (or slightly smaller) balls, then roll in ground peanuts or ground almonds. These can be eaten at room temp or chilled.

# PB PUMPKIN CHOCOLATE CHIP LACTATION COOKIES

## Ingredients

- 1½ cups of whole wheat flour
- 1 tsp of baking soda
- 1 tsp of pumpkin pie spice
- 1 tsp of salt
- ¼ cup of softened butter
- ¼ cup of olive oil
- ½ cup of creamy peanut butter
- 1 cup of pumpkin puree
- ½ cup of white sugar
- ½ cup of brown sugar
- 2 tsp of vanilla extract
- 3 tbsp of nutritional yeast
- 2 large eggs
- 1 cup of whole ground flax seed
- 1 3/4 cups of rolled oats
- One 12 ounce package of chocolate chips

## Instructions

1. Preheat the oven to 350°.
2. Combine the flour, baking soda, pumpkin pie spice, and salt in a medium bowl.
3. Combine the butter, olive oil, peanut butter, pumpkin, white sugar, brown sugar, vanilla extract, and nutritional yeast in a large bowl.
4. Mix the wet ingredients until creamy.
5. Beat in the eggs.
6. Add the ground flax seed into the wet ingredients. Combine thoroughly.
7. Slowly add the dry ingredients to the wet ingredients.
8. Fold in the rolled oats and chocolate chips.
9. Drop 1 inch balls of the cookie dough onto an ungreased cookie sheet.
10. Bake for 12 minutes.
11. Allow the cookies to cool slightly before removing from the cookie sheet.
12. Store the peanut butter pumpkin chocolate chip lactation cookies in an airtight container.

# LACTATION BANANA BREAD

## Ingredients

- 2 tbsp flaxseed meal
- 4 tbsp water
- 1 3/4 cups all-purpose flour
- 1/4 cup quick cut oats
- 1/2 tsp salt
- 1 tsp baking soda
- 4 tbsp brewers yeast (sifted)
- 1 tsp ground fenugreek
- 1/2 tsp ground cinnamon
- 1/2 cup butter (softened)
- 3 eggs (at room temp)
- 1 cup sugar or 3/4 cup agave
- 1 1/4 cup mashed bananas (about 3 medium or 2 large bananas)
- 2 tbsp milk
- 1 tsp vanilla extract
- 1/2 cup chopped pecans or walnuts

## Instructions

1. Preheat your oven to 350. Grease a 10 inch loaf pan.
2. Mix together the flaxseed meal and water in a small bowl or cup and set aside.
3. In a medium bowl whisk together the dry ingredients (except the nuts).
4. Using a stand mixer on low speed combine the butter, eggs, sugar, banana and milk. Add the vanilla and flax and turn up the speed to medium for about a minute.
5. Use a rubber spatula to incorporate the flour mixture into the banana mixture 1/3 at a time. Stir in the nuts. Scrape into your greased loaf pan and place in preheated oven.
6. Bake 50-60 minutes. Let cool 10 minutes. Remove from pan and let cool completely.

## NO BAKE PROTEIN BARS

### Ingredients

- 1½ cup rolled oats
- 1 cup almond butter (any nut butter or sunflower butter would also work)
- ¾ cup unsalted almonds ,roughly chopped
- ½ cup chopped walnuts
- ½ cup pistachios ,shelled
- ½ cup sunflower seeds
- 1/3 cup cashews (roughly chopped)
- 1/3 cup raw honey
- 1/3 cup unsweetened applesauce (we use homemade)
- 1/3 cup ground flaxseed
- ¼ heaping cup dried blueberries
- ¼ heaping cup dried cranberries
- ¼ cup chia seeds
- ¼ cup debittered brewer's yeast

### Instructions

1. In a large bowl, combine all ingredients.
2. Mix well until everything is very well combined.
3. Line an 8x8 pan with wax paper.
4. Place ingredients in wax-lined pan.
5. Firmly press down with the back of a spoon.
6. Place in freezer overnight or at least 3-4 hours.
7. Remove wax paper from pan and peel away from mixture.
8. Cut in half, then cut each half into eight bars for a total of 16 bars.
9. Place in container or bag and put back into freezer.
10. Remove servings as needed 2-3 hours before consuming.

## CHICKEN AND BARLEY SOUP

### Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 pint button mushrooms, sliced
- 2 carrots, peeled and diced
- 1 lb. baby potatoes, cut into small pieces
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup water
- ½ cup pearl barley , rinsed under cold water
- 2 skinless boneless chicken breasts , cut into small cubes
- 1 cup frozen green peas

### Instructions

1. Heat a large pot over medium. Add oil, then onion. Cook until onion starts to soften, about 3 min.
2. Add mushrooms, carrots, potatoes and garlic. Cook until mushrooms soften, about 3 min. Add broth, water and barley. Boil, then reduce heat to medium-low. Simmer, covered, until barley is tender, about 25 min. Stir in chicken and peas until chicken is cooked through, about 10 min.

## LACTATION BOOST SMOOTHIE

### Ingredients

- 1 large Banana
- 1 cup of Blueberries
- 1 cup of Strawberries
- 1 tsp of Flax Meal
- 1 tsp of Brewer's Yeast
- Drizzle of Honey
- Handful of Spinach
- 1 heaping tbsp of Plain Greek Yogurt

### Instructions

1. Combine all ingredients in your favorite blender, blend until smooth.



# BANANA CHIP LACTATION MUFFINS

## Ingredients

- 3-4 very ripe bananas
- 1/3 cup of coconut oil
- 1 cup of sugar
- 1 tsp of vanilla
- 1 egg
- 1 tsp of baking soda
- Pinch of Salt
- 1 cup of flour
- ½ cup of rolled oats
- 2 tbsp Brewer's Yeast
- 2 tbsp GROUND Flax Seed
- 1 cup of chocolate chips
- 1 cup of chopped nuts

## Instructions

1. Preheat oven to 350.
2. Put muffin wrappers in a muffin pan. (Or just spray pan well)
3. In a large mixing bowl, mash up bananas. Add the melted coconut oil (or butter) and mix until blended.
4. Add vanilla and egg and mix until blended, then add sugar and mix until combined.
5. In a separate large mixing bowl, mix flour, baking soda, salt, Brewer's Yeast and Flax Seed until blended.
6. Add the banana mixture into the dry ingredients. Once well blended, mix in the rolled oats. Then add chocolate chips and nuts (if you are using them) and mix well.
7. Once all ingredients have been well combined, fill each muffin wrapper about 3/4 of the way with batter.
8. Bake 25-30 minutes or until a toothpick inserted into the center of a muffin comes out dry.

## BROWNIE LAYER BARS

### Ingredients

#### Oatmeal Layer:

- 2½ cup Red Mill Rolled Hot Cereal whole grain with flax meal or 2½ cups steel cut oats and 2 tsp flax meal
- ¼ cup whole wheat pastry flour
- ½ cup almond flour (all-purpose flour works too)
- ½ cup brown sugar, packed
- 1½ sticks (¾ cup) of unsalted butter, melted
- 2 tbsp brewers' yeast
- 1 tsp salt

### Instructions

1. Add all of the dry ingredients to a food processor. Pulse while streaming in the melted butter until it reaches a crumbly consistency.
2. Press entire mixture into the bottom of a well-greased, 9x13 baking pan.
3. Bake at 350 degrees for 10 minutes.

### Ingredients

#### Brownie Layer:

- ¾ cup whole wheat pastry flour
- ½ cup almond meal
- 1 tsp salt
- 2 tbsp unsweetened cocoa powder
- 2 tbsp brewers' yeast
- 2 tbsp flax meal
- 2 sticks (1 cup) of unsalted butter
- 11 oz bittersweet chocolate
- 1½ cup white sugar
- ½ cup brown sugar, packed
- 5 eggs - must be room temperature, whipped with whisk or fork
- 2 tsp vanilla extract
- Toasted slivered almonds

### Instructions

1. Combine the flour, salt, cocoa powder, brewers' yeast and flax meal and set aside.
2. In a double boiler, melt the butter and the chocolate together until smooth. Add all of the sugar and incorporate well. Remove from heat and let it come to room temperature. Add the eggs slowly and whisk into the mixture in intervals. Add the vanilla. Carefully fold the dry ingredients in until just barely incorporated (don't over mix). Pour over the oatmeal layer and bake for 35-40 minutes in a conventional oven, turning halfway through. Bake 20-25 minutes in a convection oven, no turning. Remove when a toothpick inserted into the center comes out with crumbs, but not wet.

# BANANA CHIP LACTATION MUFFINS

## Ingredients

- 3-4 very ripe bananas
- 1/3 cup of coconut oil, melted (or butter)
- 1 cup of sugar
- 1 tsp of vanilla
- 1 egg
- 1 tsp of baking soda
- Pinch of salt
- 1 cup of flour
- ½ cup of rolled oats
- 2 tbsp brewer's yeast
- 2 tbsp ground flax seed
- 1 cup of chocolate chips
- 1 cup of chopped nuts

## Instructions

1. Preheat oven to 350.
2. Put muffin wrappers in a muffin pan. (Or just spray pan well)
3. In a large mixing bowl, mash up bananas. Add the melted coconut oil (or butter) and mix until blended.
4. Add vanilla and egg and mix until blended, then add sugar and mix until combined.
5. In a separate large mixing bowl, mix flour, baking soda, salt, Brewer's Yeast and Flax Seed until blended.
6. Add the banana mixture into the dry ingredients. Once well blended, mix in the rolled oats. Then add chocolate chips and nuts (if you are using them) and mix well.
7. Once all ingredients have been well combined, fill each muffin wrapper about 3/4 of the way with batter.
8. Bake 25-30 minutes or until a toothpick inserted into the center of a muffin comes out dry.

## APRICOT AND FIG PINWHEELS

### Ingredients

- 1 cup packed soft dried figs, stemmed and coarsely chopped
- 1 cup packed dried apricots, coarsely chopped
- 1/3 cup water
- ½ cup plus 2 tbsp granulated sugar
- 1¾ cups all-purpose flour
- 1-2 tsp fennel seeds, ground in an electric coffee/spice grinder
- 2 tbsp ground flax
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 stick (½ cup) unsalted butter, softened
- 4 oz cream cheese at room temperature
- 1 tsp vanilla
- 1 large egg yolk
- ¼ cup granulated sugar

### Instructions

1. Preheat oven to 350°F.
2. Pulse figs and apricots with water and 2 tbsp sugar in a food processor until nearly smooth.
3. Whisk flour, fennel, flax, baking powder, baking soda, and salt in a bowl. Beat together butter, cream cheese, and remaining ½ cup sugar in a large bowl with an electric mixer at medium speed until light yellow and fluffy, about 3 minutes. Beat in vanilla and yolk until well-combined. Add flour mixture and mix at low speed until it just comes together.
4. Split dough in halves and form each half into a rectangle. Wrap in plastic wrap and chill until firm, about 1 hour.
5. Roll out the first log between 2 sheets of wax paper into a 9- by 7-inch rectangle, about 1/3 inch thick. Take off the top layer of wax paper and add half of fig mixture onto dough, then smooth it around, creating an even layer with a ¼-inch border around edges. Starting with a long side, roll up dough into a log. Coat log in sugar. Repeat steps for the other half of dough. Chill logs until firm, at least 4 hours.
6. Slice logs crosswise into 1/3-inch-thick cookies and place about 2 inches apart on lightly greased baking sheets. Bake until pale golden, 15 to 17 minutes. Cool on wire racks.

## NO BAKE CHOCOLATE CASHEW COOKIES

### Ingredients

- 1 cup pitted medjool dates {~15}
- 2 cup rolled oats
- 1 cup cashew butter, drippy
- ½ cup honey
- 1 tsp vanilla extract
- Pinch of sea salt

### Instructions

1. Place rolled oats in a high-speed food processor and process on high for about one minute until you've formed oat flour.
2. Then, add the rest of the ingredients and process for another 1 to 2 minutes until your dough is formed. It should look and feel like cookie dough.
3. Using a 1 tbsp scooper, scoop out the dough and then roll between your palms to form your balls. Place a chocolate chip in the center of each ball.

## MILK BOOSTING BERRY CAKE

### Ingredients

- 3 cups rolled oats
- 1 cup boiling water
- 1 cup brown sugar
- 1 egg
- ½ cup butter, melted
- 1 tsp vanilla
- 1 cup flour
- ½ tsp baking soda
- ½ tsp baking powder
- 1 tsp cinnamon
- 1 tbsp Brewer's Yeast
- 2 cups berries of choice
- 1/3 cup grated coconut (topping) lactation cake recipe

### Instructions

1. Heat oven to 350°F. Grease 9×11 inch pan.
2. Soak oats in boiling water while preparing the batter (but do not drain the oats).
3. In a large bowl, cream together sugar, egg, butter, and vanilla.
4. Sift together dry ingredients.
5. Mix dry ingredients into wet ingredients.
6. Stir in the undrained soaked oats and berries.
7. Pour batter into greased pan and bake at 350°F for 20-25 minutes.
8. Remove from oven and top with grated coconut. Cool before cutting/serving.

## OAT BARS

### Ingredients

- 2 tbsp ground flax seed
- 4 tbsp water
- 1 cup unsalted butter, softened (or vegan butter substitute/margarine)
- 1 cup sugar
- 1/3 cup light brown sugar
- 2 eggs (or vegan egg replacer)
- 1/3 cup molasses
- 1 tsp vanilla
- 2¼ cups whole wheat flour or all-purpose gluten-free flour
- ¼ cup almond flour/meal
- ¼ cup hemp hearts (hulled)
- 4 tbsp brewer's yeast
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 cups old-fashioned oats
- 1 cup dark chocolate chips

\*Use blackstrap molasses for extra iron, and a richer flavor that goes great with raisins!

### Instructions

1. Preheat the oven to 350F.
2. Combine the flax seeds and water in a small bowl and set aside.
3. Cream the butter and sugars together in the bowl of an electric stand mixer fitted with the paddle attachment. Beat for ten minutes – or until fluffy.
4. Add the soaked flax seeds, eggs, molasses, and vanilla and mix until well blended. (Scrape the sides down before blending to make sure everything mixes evenly.)
5. Whisk together the whole wheat flour, almond flour, hemp hearts, brewer's yeast, salt, baking soda, and cinnamon.
6. Add the dry ingredients in two parts while mixing continuously at a slow speed. Mix until just combined.
7. Add the oats and chocolate chips in at a slow speed. Mix until just combined.
8. Line a 10" x 15" inch (4 quarts) baking dish with parchment paper. Drop the cookie dough into the dish and do your best to spread it evenly across the dish – touch each side and corner. It doesn't have to be completely even. It's OK if it is a bit lumpy.
9. Bake the bars for about 30 minutes or until the bottom of the bars are a deep golden brown and the middle of the pan appears to be thoroughly baked. Rotate the pan about halfway through cooking. (You may need to bake for an extra 10-15 minutes if using gluten-free flour.)
10. Remove the dish from the oven and allow the bars to cool for one hour before slicing them into bars. Fully cooled bars can be frozen for up to three months in airtight packaging.

# LACTATION MINT CHOCO CHIP ICE CREAM

## Ingredients

- 1 can of coconut cream
- 1 can of full-fat coconut milk
- 2 handfuls of Spinach
- 1 tsp of Mint Extract
- 4 tbsp of pure pane sugar
- Vegan Dark Chocolate Chips or Crushed Dark Chocolate Candy Bar
- 1 tbsp of brewer's yeast

## Instructions

1. Blend the coconut cream, coconut milk, sugar, mint extract, brewer's yeast, and spinach in a blender.
2. Blend until there are no more spinach particles showing.
3. Once blended pure into a tin bread pan and slowly mix in dark chocolate chips.
4. Cover and freeze!
5. Before eating let the ice cream sit out for about 10-15 minutes so that it will be easier to scoop, and you'll get that same creamy texture as regular ice cream.

# CARROT CAKE COOKIES

## Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup rolled oats
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- 3 tbsp granulated sugar
- 1/3 cup brown sugar
- 2 tbsp brewer's yeast
- ¼ cup coconut oil, warmed until liquid
- 1 egg
- 1 tsp vanilla extract
- ½ cup grated carrots
- ½ cup raisins
- 1/3 cup toasted pecans

## Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, mix together flours, oats, baking powder, salt, cinnamon, sugar and yeast,
3. In a separate bowl, mix egg, vanilla and coconut oil. Slowly mix in dry ingredients.
4. Once well combined, stir in carrots, raisins and toasted pecans.
5. Spoon tablespoon-sized scoops onto an ungreased cookie sheet and form into flat round cookie-shaped discs.
6. Bake 18-20 minutes and let cool.



## FENUGREEK GREENS ON TOAST

### Ingredients

- 1½ tbsp olive oil (or refined oil)
- 1 generous pinch cumin seeds
- 1 small onion (finely chopped)
- ½ tsp ginger paste
- ½ tsp garlic paste
- 3-4 green chilies (split)
- ½ tsp coriander powder
- ½ tsp garam masala powder
- ¼ tsp white pepper powder (+/- to taste)
- ½ tsp dry mango powder (+/- to taste)
- Salt to taste

### Instructions

1. Mix all ingredients in a bowl.
2. Top slices of toasted bread or crackers with mixture.