

Housepoets' Famous Lactation Boosting Oatmeal, Chocolate and Flaxseed Cookies (created by Noel Picket noel@clubmuse.com)

Ingredients :

- * 1 cup butter or marg
- * 1 cup sugar
- * 1 cup brown sugar
- * 4 tablespoons water
- * 2 tablespoons flaxseed meal*
- * 2 large eggs
- * 1 teaspoon vanilla
- * 2 cups flour
- * 1 teaspoon baking soda
- * 1 teaspoon salt
- * 3 cups oats, thick cut if you can get them
- * 1 cup or more chocolate chips
- * 2 tablespoons of brewers yeast* (be generous)

Directions:

Preheat oven at 375 degrees F. 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 baking sheet, preferably lined with parchment or silpat. The dough is a little crumbly, so it helps to use a scoop.

Bake 8-12 minutes, depending on size of cookies.

Serves: 6 dozen cookies

Preparation time: 15 minutes

*can be found at any local health food store. Don't substitute brewer's yeast for anything else... that's what makes 'em work! I actually found it at the vitamin/health food store in Ballard a couple of blocks north of Market.

If you don't like chocolate, who doesn't like chocolate tho, you can substitute for carob chips, raisins, butterscotch chips, whatever.