

Creative Oatmeal Cookies

makes approx 4 dozen cookies

Bowl 1 (wet ingredients):

Mix ground flax with water and let sit while beating mashed sweet potatoes. Add ground flax mix and vanilla, applesauce, almond butter, honey, coconut oil. Beat again.

- 4 heaping TBS ground golden flax seed
(preferably freshly ground, as it's more nutritious)
- 2/3 cup water
- 1 tsp Vanilla
- 1 cup pureed/mashed sweet potato
- 1/2 cup applesauce or puréed apples
- 1/4 cup almond butter
- 1/4 cup creamed honey (raw, unprocessed honey)
- 1 cup coconut oil (softened)

Bowl 2 (dry ingredients):

In another bowl, sift together flour, baking soda, salt, and nutritional yeast. Sugar is optional and can be added based on desired sweetness.

- 2 cups unbleached whole wheat flour
- 1 tsp baking soda
- 1 tsp sea salt
- 3 tsp sugar in the raw (optional)
- 1/4 heaping cup Brewers Yeast

Add flour mix to wet mix. Stir in oatmeal and other mix-ins:

- 3 1/2 cups Rolled Oats (preferably thick cut)
- 1 cup Dairy Free Chocolate Chips*

* You can use milk chocolate chips if there is no dairy sensitivity. Other add ins are cacao chips, cranberries, raisins, nuts, or any combination of the above. Almonds are recommended in helping milk production.

Drop cookies on cookie sheet and lightly press with your fingers.
Bake 10-12 minutes at 350 degrees.

Adapted from this original recipe:

<http://www.food.com/recipe/oatmeal-chocolate-chip-lactation-cookies-by-noel-trujillo-192346>

