

Lactation & Energy Bites



Ingredients:

- | | |
|---|------------------------|
| 2 c. rolled oats | 2/3 c. honey |
| 7 tbsp. brewers yeast
(Solgar is my preferred brand) | 2 tsp. maple syrup |
| 1 c. crunchy peanut butter | 1 tsp. vanilla extract |
| 1/4 c. ground flax (totally optional) | 2 tsp. coconut oil |
| 3/4 cup mini semi-sweet chocolate chips | 1/8 c. of chia seeds |

Directions:

1. Combine and mix thoroughly honey, maple syrup, coconut oil, vanilla extract, and crunchy peanut butter in a mixing bowl.
2. In a separate, larger bowl combine and mix together the flax, chocolate chips, oats, and brewer's yeast.
3. Add your wet ingredients to your larger bowl of dry ingredients and thoroughly mix all ingredients together. This step takes the longest and requires some elbow grease!
4. Use the palm of your hands, begin to roll and form the lactation bites into balls. You want them to be small enough to eat easily with one hand and not make a huge mess over your nursing baby!

Helpful Tips:

1. Sometimes, depending on the temperature in your home, it's necessary to place the mix into the fridge for a short time (maybe 30 minutes) to cool it down before you begin to form the bites so it doesn't stick to your hands.
2. This recipe makes a lot, once your partner tries these they are highly likely to sneak a few here and there. You may want to make your partner a container of their own or stash a few in the back of the fridge or freezer for an emergency backup supply when they're "all gone"!
3. Use a cookie sheet as you form the balls, freeze them individually, and then move them to a lidded container within the fridge. Doing this will ensure they don't stick together.