

Vegan No-bake Lactation Cookies

Ingredients

1/2 c non-dairy milk (I've used soy, rice, and almond successfully)
1 1/2 c sugar
1/4 c cocoa powder
1/4 c peanut butter (the natural all-peanut kind)
1/2 c vegan margarine (Earth balance works well and comes in a soy-free variety as well)
1 t vanilla
3 c old fashioned oatmeal
1/2 c ground flax seed
2 T brewer's yeast

Instructions

<p>

Combine oatmeal, flax seed, and brewer's yeast in a large bowl. In a small saucepan, combine non-dairy milk, sugar, cocoa, peanut butter, and margarine. Stir over medium heat and bring to a boil. Boil mixture for 2 minutes, stirring constantly. Add vanilla. Pour chocolate mixture over oatmeal mixture and stir well to combine. Drop cookies onto a cookie sheet or wax paper to cool or refrigerate until cookies are firm and no longer sticky.</p>