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solid gold

\$14.00

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ADD TO CART

You are solid gold. Your breastmilk is liquid gold. Let our lactation cookie help you make more of it by enriching your body with galactagogues — oats, brewer's yeast, and hemp seeds. Packed with protein and healthy fats to satiate hunger without gluten, dairy or refined sugar, we promise this is the best breast cookie you'll ever taste.

Pros: a nourishing treat that hits the spot and increases quality and quantity of breastmilk while also aiding in digestion.

Cons: it's so good that everyone will want a bite. Hide appropriately.

Enjoy with your favorite dairy or nondairy milk or crumble over yogurt like granola for a delicious milk-boosting breakfast. Eat 1/day to maintain healthy and balanced milk supply and 2-3 to increase milk supply.

Each package contains 8oz of cookies – enough to last mom 1-2 weeks.

Ingredients: millet flour, rolled oats, coconut oil, flax seed, coconut sugar, dark chocolate chips, brewer's yeast, hemp seeds, psyllium husk, baking soda, baking powder, vanilla, sea salt.

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