

Recipe Ideas With **FLAXSEED** For Lactating Mothers



1

Flaxseed And Oatmeal Banana Bread



Boil some oats in milk for about ten minutes and set it aside.

Mix flour, baking powder, flaxseeds, yeast, cinnamon, and sea salt in a bowl and whisk it together. Set it aside.



In another bowl, mix sugar, oil, bananas, eggs, and vanilla extract and ensure no lumps are left after whisking. Add the cooked oats and mix them well.

Mix the wet and dry ingredients and stir them well to combine them equally. Pour the mixture into a loaf pan and let it bake in a preheated oven set at 350°F (175°C) for about 40-45 minutes.



Take it out of the oven and let it cool before serving.

2

Sugar-free Lactation Brownies



Ground oats in a mixer until it reaches a flour-like consistency.

Combine the ground oats, ground flaxseeds, cocoa powder (unsweetened), salt, pitted dates (soaked in water until soft), maple syrup, coconut oil, eggs, vanilla extract, and baking soda in a blender and mix well until the dates are blended well.



Put the mixture in a bowl and fold the chocolate chips and walnuts using a rubber spatula.

Transfer the mixture to a baking tray and bake it in a preheated oven set at 350°F (175°C) for about 25-30 minutes.



3

The Green Smoothie



Take two cups of milk, ½ banana, ½ cup spinach, 1 tbsp almond butter, 1 tsp chia seeds, 1 tsp flaxseeds, and vanilla extract (as per taste).

Mix all the ingredients in a blender until smooth.



Pour it into your favorite tumbler or bowl, and enjoy.