



Brewer's Yeast Recipes

To Boost Lactation

1

Brewer's yeast smoothie



Blend 1 cup milk, 1 frozen banana (sliced), 3 pitted dates, a pinch of cinnamon powder, 1tsp vanilla, and 1tbsp brewer's yeast (de-bittered)



Chill in the refrigerator and enjoy.

2

Cookies with brewer's yeast



Mix 3 cups rolled oats, 1½ cups wheat flour, 5tbsp brewer's yeast, 3tbsp ground flaxseed, ½tsp baking powder, ½tsp baking soda, and ½tsp ground cinnamon in a bowl.



In another bowl, whisk and combine 100g butter, 4tbsp virgin coconut oil, 1½ cups unrefined cane sugar, and two eggs.



Combine the contents of both bowls and bake cookies at 350°F for 10 to 14 minutes.

3

Brewer's yeast pancake



Take 1 cup of rolled oats, 1 cup yogurt, 1 banana, 1 egg, 1tsp baking soda, 1tbsp ground flaxseed, and 1tbsp brewer's yeast and blend them.



Fold in blueberries (optional) and use this mixture to make pancakes.