



Lactation Smoothie Recipe

Ingredients:

1 tsp brewer's yeast

2 tsp flax seeds

1 tsp moringa leaf powder

Raw sugar if you want a bit of sweetness

¼ cup oatmeal

One banana

One cup of milk, coconut or almond milk

Instructions:

Cook the oatmeal and let it cool. Combine oatmeal with brewer's yeast, flax seed, raw sugar if using, moringa and milk or water and let it sit for one hour at room temperature and then store in the fridge. The next morning blend the mixture with a banana and enjoy!