

KELLEY'S NO-BAKE LACTATION ENERGY BITES

**These are Loaded with Alpha Lipoic Acid, Essential Fatty Acids,
Antioxidants, Carnitine, Copper and Zinc**

Don't be scared off by the name of this recipe. This is a super nutrient dense way to take the edge off of your sweet cravings, while keeping you on track for supporting intake of **Alpha lipoic Acid** which helps increase glutathione production and supports insulin sensitivity.



INGREDIENTS

- 2 cups rolled oats
- 2 tablespoons brewers yeast
- 1/2 cup ground flaxseed
- 1/2 cup honey
- 1 cup peanut butter
- 1/2 cup dark chocolate chips
- 1 teaspoon vanilla
- 3 tablespoons coconut oil

INSTRUCTIONS

In a large bowl combine the oats, brewers yeast and the flaxseed.

Mix in the honey, peanut butter, vanilla and coconut oil.

Fold in the chocolate chips.

Press and roll into balls. Enjoy!

NOTES: Will keep for up to two weeks in a sealed container in the fridge.

Courtesy of Kelley and <https://mommakesdinner.com/lactation-bites/>