



My True Village

LACTATION RECIPES

Savory Oat and Cheddar Lactation Muffins

For when you are tired of sweet. Freezer-friendly and easy to reheat one-handed.

MAKES 12 • 35 MINUTES • FREEZER-FRIENDLY

Ingredients

- 1 1/2 cups flour (or whole wheat)
- 1 cup old-fashioned oats
- 2 tablespoons brewer's yeast
- 2 tablespoons ground flaxseed
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup shredded cheddar
- 1 1/4 cups milk
- 1/3 cup olive oil or melted butter
- 2 eggs
- Optional: chives or spinach

Make it

1. Heat the oven to 375 F and line a 12-cup muffin tin.
2. Stir the dry ingredients and the cheese together in one bowl.
3. Whisk the milk, oil, and eggs, then fold into the dry mix until just combined.
4. Scoop into the tin and bake 20 to 22 minutes, until golden.
5. Cool, then freeze up to three months and reheat one-handed.

MAKE-AHEAD TIP

Freeze in a bag and warm one for about 30 seconds. A perfect batch for your village to bake and drop off.

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