

BARLEY WATER

- Quick-and-easy: 1/2 cup of flakes or pearled barley can be simmered in 1 quart of water for twenty minutes.
- Long-and-intensive: 1 cup of whole or pearled barley is simmered in 3 quarts of water for up to 2 hours. About half the liquid should cook off. Some recipes call for only 1/2 hour cooking time. However, the longer the barley simmers and the more pinkish (and slimier) the water becomes, the more of the 'cream' will enter the water and the stronger the medicinal effect will be.
- If the barley water becomes too thick to drink comfortably, add in more water.
- When finished, remove from the stove and sieve off the water. The grain is now tasteless and can be thrown out.
- Add 1 tablespoon of fennel powder or steep 2 – 3 teaspoons of fennel seeds for ten minutes in the barley-water before drinking.
- The traditional recipe calls for fennel seed. *Powdered fenugreek seed tastier than fennel in barley-water. (Hilary Jacobson)*

HOUSEPOET'S FAMOUS LACTATION BOOSTING OATMEAL, CHOCOLATE CHIP & FLAXSEED COOKIES™

Ingredients :

2 tablespoons flaxseed meal*	2 cups flour
4 tablespoons water	1 teaspoon baking soda
1 cup butter or marg	1 teaspoon salt
1 cup sugar	3 cups oats, thick cut if you can get them
1 cup brown sugar	1 cup or more chocolate chips (or other)
2 large eggs	2 tablespoons of brewers yeast* (be generous)
1 teaspoon vanilla	

Directions:

Preheat oven at 375 degrees F. Mix together 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes. Cream (beat well) butter and sugar. Add eggs one at a time, mix well. Stir flaxseed mixture and add with vanilla to the margarine mix. Beat until blended. Sift together dry ingredients, except oats and chips. Add to margarine mixture. Stir in oats then chips. Scoop or drop onto baking sheet, preferably lined with parchment or silpat. The dough is a little crumbly, so it helps to use a scoop. Bake 8-12 minutes, depending on size of cookies. **Serves:** 6 dozen cookies **Preparation time:** 15 minutes

*can be found at any local health food store.

NOTE IT MUST BE BREWERS YEAST, NO SUBSTITUTIONS. Use nutritional brewer's yeast.

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Jacobson, H. *Mother Food*. 2004, self-published.

<http://www.mobimotherhood.org/MM/portal-Nutrition.aspx>