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# Delicious Lactation Cookies, Bakes & Drinks in Singapore to Improve Milk Supply

Posted on 12 August, 2022 | By Sassy Mama

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Need to boost your milk supply? Check out our pick of delicious cookies, cakes and drinks with lactation-promoting ingredients

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after consuming galactagogues. But if you're already struggling and need more help with your breastfeeding worries, don't hesitate to [visit a lactation consultant](#)

Want to DIY your own lactation cookies? It's easy enough to make on your own with fenugreek, flaxseed meal and brewer's yeast online on iHerb or Amazon.sg, Fairprice, Fairprice and Cold Storage, then [try this lactation cookie recipe](#) our fave. But if you just don't have the time to bake your own lactation cookies, why not get a dose of healthy lactation bakes and goodies from these awesome

*Read more: [All things breastfeeding in Singapore](#)*

## Singapore Lactation Bakes: local lactation co



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specially curated to ensure that they are not only delicious but also able to provide essential nutrients for mamas. The four main ingredients in SLB's products are oatmeal, flaxseed, brewer's yeast and coconut oil, all powerhouses in supporting breast milk production. The lactation cookies come in 10 different flavours, with special ones like Sunpkim (sunflower and pumpkin seeds) and Butterscotch for mums with a sweet tooth! Everything is freshly made in a Singapore Food Agency-approved manufacturing plant, promising strict hygiene standards and quality products. Buy SLB's lactation cookies and other baked goods on their website, in hospitals like Thomson Medical Centre, Raffles Hospital and Mount Alvernia, and at top mum and baby retailers such as Motherswork and Mothercare. SLB also has flagship stores on Lazada and Shopee.

 Singapore Lactation Bakes, [www.slb.sg](http://www.slb.sg)

## 2NUTGUYS: lactation nut spreads



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When Chee Leong and his wife welcomed their bundle of joy, it was a mixture of not only happiness but also helplessness – especially when he witnessed how challenging breastfeeding was for his wife who didn't have enough breastmilk supply for their baby. This led to the creation of 2NUTGUYS, a line of yummy nut spreads and nut mixes that have been proven to increase mamas' breastmilk supply (over 40% of the mamas surveyed experienced an increase!). The founders surveyed 30 mamas who were facing lactation problems and wanted something different from the usual lactation cookies and goodies offered on the market. After lots of research and feedback, they've created Mummy's Nutmond Butter and sugarless nut mixes, all made with no preservatives, colouring or MSG. Whether you're looking for something nutritious and filling to put on your morning toast, to smear onto lactation cookies for an extra boost to your milk supply or to add to your overnight oats, make sure you check out 2NUTGUYS!



New customers can quote **MYSASSYMILK5** for **5% off!**

2NUTGUYS, [www.2nutguys.sg](http://www.2nutguys.sg)

## Chatsworth Cookies: Breastmilk Booster Cookies

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Chatsworth Cookies takes lactation cookies seriously! They're committed to making delicious, high-quality cookies made with European ingredients. They first started with their thick and chunk New York-style gooey cookies, and have now added a new line of lactation cookies called "Breastmilk Booster Cookies" in flavours Chocolate Chip, White Chocolate Cranberry, and Early Grey, to help mamas increase breast milk production. Chatsworth Cookies have been tested by hundreds of nursing mothers and are proven to significantly increase their breast milk which as we know is full of nutrients for bubs! You can also rest assured that they use environmentally friendly production and packaging. You can purchase through their website and they are available through GrabFood every Monday, Wednesday, and Friday.

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## Gooberr: lactation cookies in fun flavours



Gooberr (not to be confused with the popular peanut butter brand!) may be a relatively new face on the lactation cookie scene, but it sets itself apart from others with unique flavours. Other than your classic chocolate chip lactation cookie, Gooberr also sells its delish Boobies (*geddit?*) in flavours such as Lemon Blueberries, Earl Grey and decaffeinated Dark Chocolate Chips. Each offering is eggless and fenugreek-free, and packed with galactagogues to keep that liquid gold pumping! Gooberr's Boob Juice – artisanal, small batch, caffeine-free tea blends – also come in two flavours: Fenugreek Bergamot and Ginger Fennel, if you want a fenugreek-free option. And here's

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Use promo code sassymama10 to get 10% off!

Gooberr, [www.gooberr.com](http://www.gooberr.com)

## Marian's Lactation Boost: lactation ice cream & cookies



So we've been seeing lots of lactation cookies and cakes, but lactation *ice cream*? Marian's Lactation Boost is the first and only company in Singapore to bring us lactation ice cream made

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have vegan and allergen-free options – the midnight cupcakes in particular are free of dairy, nuts, gluten and eggs. All Marian's Lactation Boost goodies are made in an SFA-certified kitchen.

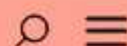
 **Marian's Lactation Boost**, [www.marianslactationboost.com](http://www.marianslactationboost.com)

## Burpps: halal lactation cookies



Burpps Lac+ lactation cookies are the result of two long years of intense research. The recipes are formulated by Burpps' in-house nutritionist and food technologists, and consist of various milk-

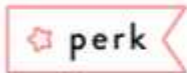
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longer time and makes them easy to store and consume. Best of all, the cookies are certified halal, too! Thinking of getting Burpps Lac+ lactation cookies for a new mum friend? You'll love that it comes packed with a spray of dried flowers and a pretty message card, which can be personalised. Bigger kids aren't forgotten either, as Burpps carries a range of Berry Bellies Yogurt Drop Cookies. These have wholesome spray-dried yoghurt powder and real fruit berries powder, making it a healthy afternoon snack for active tots. Purchase Burpps Lac+ lactation cookies on their website, or on [Lazada](#).



Subscribers can **get 10% off their first purchase!**



Burpps, [www.burpps.com](http://www.burpps.com)

## Clookies: vegan lactation cookies, lactation tea and more!



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Based in an SFA-certified bakery, Clookies specialises in freshly baked lactation products. They only use quality, organic ingredients in their nutritious products – from lactation cookies to granola (using 100% Pure Western Australian honey and virgin coconut oil, with no added sugar and packed with superfoods), Brownies and even Lactation Tea. With 12 cookie flavours, you'll be spoilt for choice! Bestsellers include Cranberry Pistachio, Macadamia Dark Choc and Sea Salt Caramel. There's even a vegan range suitable for vegans and those who are lactose-intolerant. They also consciously use less sugar in their bakes! Apart from delicious lactation products, Clookies Lactation provides advice and lactation support, plus a customised consumption guide to achieve optimal results. They can also create bespoke gifting hampers for mamas and babies!

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Use promo code **Sassymum5** for **5% off** your total bill with no minimum spend!



Clookies, [www.clookies.com](http://www.clookies.com)

## Cookiedealer: lactation brownies and cookies

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Inspired by the founder's own breastfeeding experiences with her son, Cookiedealet's lactation cookies are made with lots of love and superfoods. Choose from various flavours such as Earl Grey, Cranberry White Chocolate, Speculoos and more, or get a batch of yummy lactation brownies instead. Cookiedealet is all about supporting mamas in their breastfeeding journey, and they've recently introduced a variety of products just for mums and babies. Take your pick of nursing covers and nursing bras, baby swaddles and baby feeding sets. Keep a lookout, too, for new products, as they aim to be a one-stop-shop where mums can have all their lactation and baby needs met.



Use promo code **SASSYMAMA10** for **10% off** all items in store

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# Madam Partum by Chien Chi Tow: holistic lactation goodies



Madam Partum is a leading Pre- and Post-partum wellness and confinement care specialist in Singapore backed by renowned heritage TCM brand Chien Chi Tow. They're known for harnessing the effectiveness of meridian massage (aka Tuina massage) to help mamas achieve a complete and wholesome recovery after giving birth. With their holistic approach, they also offer lactation products, which include signature TCM herbal soups and pro-lactation supplements for a smooth breastfeeding journey. Their lactation goodies come highly recommended, with mamas saving


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Founded in 2005 by three mamas, UpSpring aims to create natural solutions to everyday motherhood challenges from conception to postpartum. They've served over 1 million mamas and UpSpring is currently the #1 lactation supplement drink in the USA! UpSpring lactation supplements are non-GMO, all-natural, and are highly concentrated in herbs (one sachet delivers the equivalent of 1,800mg of fenugreek).

 **UpSpring Milkflow**, on [Lazada](#) or [Shopee](#).

## Boobie Foods: Aussie lactation goodies

Boobie Foods are natural and organic lactation goods created by Australia's most recognised and respected lactation expert, Pinky McKay. Their range includes biscuits and muesli (with gluten-free, dairy-free, vegan and halal options!) in a variety of yummy flavours to nourish you as you breastfeed your baby. All products are 100% made in Australia, and ship quickly and reliably from Australia direct to Singapore via DHL.

 **Boobie Foods**, [www.boobiebikkies.com.au/sg](http://www.boobiebikkies.com.au/sg)

## LactaByHardies: halal lactation bakes

LactaByHardies is home to original halal bakes by mama-of-two Zara Hardie. She makes unique Lactation Tart Brownies, Nutella Cookies and Red Velvet Cake (drool...), with fab combo options for gifting.

 **LactaByHardies**, [www.lactabyhardies.com](http://www.lactabyhardies.com)

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Milk for Bubs offers lactation cereal and cookies, all made with 100% all-natural unprocessed ingredients. We've tried all her goodies so these are definitely Sassy Mama-approved! The Chocolate Oats Momster Cookies are our fave – they taste so sinful and chocolatey but are actually so good for you as they're made with low GI brown sugar, grass-fed butter, fortified flour, coconut oil, brewers yeast (100% halal-sourced and certified), flaxseed and wheat germ. The Morning Mix lactation granola is a fab breakfast treat too, whether you choose to have it with a splash of milk or some Greek yoghurt. We recommend purchasing the bundles to get more bang for your buck, plus enjoy FREE delivery with orders above \$70!

 **Milk for Bubs**, [milkforbubs.cococart.co](https://milkforbubs.cococart.co)


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have a return system for their overnight oats jars, which entitles you to \$1 off per jar returned for your next purchase. Get free shipping for orders above \$100!

 **Milking Cow**, [milkingcowsg.com](https://milkingcowsg.com)

## Milk Making Mummy: lactation gifts

If you're looking for healthy cookies loaded with nuts and fruits, Milk Making Mummy will be perfect for you. You can DM them directly to place an order, or even discuss arranging a gift basket for your mama friends!

 **Milk Making Mummy**, [Instagram](https://www.instagram.com/milkmakingmummy)

## Nurture Eats: healthier lactation cookies and loaves

Nurture Eats makes healthy, sugar-free lactation loaves, protein cookies and brownies. Their lactation loaves are packed with ripe bananas and other premium ingredients like dark chocolate chips, oats, mangoes and blueberries, making them immensely flavourful without the guilt!

 **Nurture Eats**, [www.nurture-eats.com](https://www.nurture-eats.com)

## Shan's Lactation Cookies: organic lactation goodies

Shan's Lactation Cookies and bakes are loaded with organic ingredients and are fenugreek- and

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ALL ABOUT BREASTFEEDING    THE BEST BREAST PUMPS    GUIDE TO  
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*This article contains some paid partnership content. Lead image from Cookiedealer, Singapore Lactation Bakes, UpSpring Milkflow and Marian's Lactation.*



## About Sassy Mama

Sassy Mama is the go-to guide for modern mamas. We scour, sweat and drag strollers through the mosquito-filled jungle, just to bring you the latest news on what's hot (literally!) in the world of parenting in Singapore...



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I wish I were a little kid so I could take a nap and everyone would be proud of me.



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