

# Cooking and Baking


With Flax Flour

using Wheat flour, and other suggestions

Information and RECIPES



Enjoy the Goodness: Easy Healthy Everyday

Another quality tested recipe from  to you

## Table of Contents

New recipes and products .....	5
Flax seeds .....	5
Flax flour .....	5
Golden Flax Powder .....	5
Our Guarantee .....	6
Notes and Tips.....	6
Replacing Fat.....	7
Replacing Eggs.....	7
<b>Beverages</b> .....	9
Tea Infusion .....	9
Breakfast Beverages .....	9
Fruit Smoothie.....	9
Smoothie with blueberries, cranberries, and flax .....	10
Kefir .....	10
Prebiotics and Probiotics.....	10
Shake with Kefir and Orange Juice .....	11
Eggnog Smoothie.....	12
<b>Breads</b> .....	13
Brown flax and Wheat Bread.....	13
Golden flax and Wheat Bread .....	14
Harvey's Whole Wheat and Flax Loaf - Breadmaker .....	15
Brown flax and Wheat Beer Bread - Breadmaker .....	16
Flax and Oats Brown Bread - Breadmaker .....	17
Pizza Dough.....	18
Soft Pretzels.....	19
<b>Breakfast Bites</b> .....	21
Hot Cereal .....	21
Cold Cereal .....	21
Applesauce.....	21
Yogurt.....	21
Breakfast Wrap.....	22
Waffles .....	22



Pancakes using complete pancake mix.....	23
<b>Light meals and Snacks</b> .....	25
Lunch Wrap.....	25
no-Bake energy bites.....	25
Flax Seed Crackers .....	26
Country Biscuits.....	27
Oat Cakes.....	28
<b>Meal Bites</b> .....	29
Seasoned Fish Fry.....	29
Salmon Cakes.....	29
Chicken with Seasoned Flax Flour.....	30
<b>Desserts</b> .....	31
Peanut Butter Cookies.....	31
Oatmeal Coconut Cookies.....	33
Molasses Cookies.....	33
Shortbread Cookies .....	34
Gingerbread Cupcakes .....	35
Banana Muffins.....	37
Oatmeal Berry Burst Muffins .....	38
Pumpkin Muffins with Raisins and Ginger.....	39
Cheesy Zucchini Muffins.....	40
Rhubarb Muffins .....	41
Rhubarb Coffee Cake.....	42
Blueberry Coffee Cake .....	43
Prune Loaf.....	44
Date Squares .....	45
Apple Crisp.....	45
Carrot Cake with Creamy Frosting.....	46
Caribbean Squares.....	47

## New recipes and products

New recipes are always being developed in Valley Kitchen. Check out our website for updated versions of this booklet at [www.flaxflour.com/pages/recipes](http://www.flaxflour.com/pages/recipes)

Come by for a visit when you are in the Middleton, Nova Scotia area, meet our staff and see what's cooking. Check our social media page for current hours.

Do you have a favourite recipe you would like revised to include flax? Let us know. We can help.

Do you like Outstanding Rewards?

Check our online store for Outstanding Rewards when you sign up for our newsletter or buy our nutritious, easy-to-use products and have them shipped directly to your home.

## Flax seeds

Flax seeds, and flax seed stalks, have been used for food as well as the production of linseed oil and linen for thousands of years.

As a source of fibre, protein, antioxidants and omega-3 fat, flax seeds are a nutritious ingredient in any diet.

Brown and golden flax seeds are nutritionally equivalent. They have been selected to satisfy different needs. The reddish-brown seeds are very popular for flaxseed oil production and add a beautiful color and texture to many of the breads and bars available. The yellowish golden seeds blend very well into a variety of lighter colored foods, providing added nutritional impact without darkening the product.

## Flax flour

Flax flour is simply whole flax seeds milled and sifted. Other products, such as cracked flax, flaxseed meal, and milled or ground flax, may contain whole seeds or pieces of husk, making them unsuitable for people with digestive problems. Because our products are fresh and contain all their original fat, protein, and fibre, they should be purchased in a quantity you will use within a few months. Store away from direct heat. Use all our products within 6 weeks of opening or refrigerate them.

If you have any concerns or questions about our products, please contact our corporate dietitian for a consult: [info@flaxflour.com](mailto:info@flaxflour.com) or phone 1-902-825-1528

## Golden Flax Powder

Finely sifted golden flax seeds produce smooth textured Golden Flax Powder. Flax powder contains all the nutrients in whole flax seeds. The fine, smooth texture blends well into thin juices and yogurt, scrambled eggs, and fine textured cookies, including shortbread and sugar cookies.

## Our Guarantee

We want your experience with Valley Kitchen ingredients and mixes to be successful and enjoyable for you, your family and friends. If you have problems, issues, concerns, and comments, please contact us [info@flaxflour.com](mailto:info@flaxflour.com) or phone 1-866-825-8256 (Toll free Canada).

## Notes and Tips

How much flax flour should I use?

Most people find it convenient and beneficial to use about 2 tablespoons of flax flour every day. This amount provides approximately 6 grams of flax oil, 3 grams as omega-3 fatty acids and over 4 grams of fibre. To receive the cholesterol lowering benefits from the fibre, Health Canada recommends that you use up to 5 tablespoons each day.

How do I use flax flour?

Flax flour, ground or milled flax seed, is the most effective way to incorporate flax into your diet. Milled flax can be produced in small quantities using a blender or domestic coffee grinder.

Flax flour can be added to many baked goods. When adding flax flour, always increase the amount of liquid by an amount equal to the volume of flax flour you have added. Flax flour improves loaf volume, oven spring, and keeping qualities. It also enhances the flavour, appearance, and nutritive value of foods.

Flax flour can be added to many food products in small amounts without substitution. Blend a tablespoon or two of flax flour into your biscuits, dough boys, muffins, casseroles, crisps, cakes, cookies, or pancakes.

Many people who use flax flour have their own ways of including it in their diet every day. This adds omega-3 fat, protein and fibre to their meal or snack. Here are a few of their suggestions.

Breakfast Drinks:      Mix 1 – 2 Tbsp of flax powder into your morning juice.

Toast:                      Sprinkle 1 – 2 tsp of flax powder or flour onto the jam, jelly, or honey you spread on your toast.

Dry Cereal:                Mix 2 – 3 Tbsp of flax flour to your morning cereal.

Meatloaf:                    Use flax flour as a nutritious binder in your meatloaf and hamburger patties.

“Breading” for Fish or chicken: Mix your favourite seasonings with flax flour to make a breading for meat or fish. See recipes for details.

## Substitutions

### Replacing Fat

- ♥ Using flax flour to replace oil is a simple and effect way to reduce the fat in a recipe. Some, or all, of the fat can be replaced using flax flour.
  - Add 45 ml (3 Tbsp) of flax flour to replace every 15 ml (1 Tbsp) of margarine, butter or cooking oil. Be sure to include 2 to 3 Tbsp of extra liquid.

### Replacing Eggs

- ♥ Using flax flour to replace egg is a simple and effect way to reduce the saturated fat in a recipe.
  - Mix 15 ml (1 Tbsp) of flax flour in 45 ml (3 Tbsp) of hot water and let it set for a couple minutes. This mixture will replace one large egg.
- ♥ When you add flax flour to a recipe such as muffins, increase the liquid by an equal amount. I like to add ¾ cup of flax with an extra ¾ cup of liquid to a batch of 12 large muffins.
- ♥ Flax flour is a low carbohydrate source of high-quality protein, soluble and non-soluble fibre, antioxidant lignans, and the essential omega-3 fatty acids.
- ♥ Enhance other fibre sources by adding flax flour to improve the nutritional quality of your meal or snack.

### Flax Gel


Yield: 250 ml (1 cup)

310	ml	water	1 1/4	cup
30	ml	Valley flax flour or whole flax seeds	2	Tbsp

1. Make flax gel by placing the water and flax flour or seeds in a medium size pot.
2. Bring to the boil, reduce heat and simmer for about 5 minutes.
3. Set aside to cool. If using the whole seeds, strain out the seeds before cooling.

*Flax gel is an excellent replacement for eggs, egg whites and other gums or starches used in gluten free baking*

*After the flax gel has cooled to handling temperature, refrigerate for later use, or use immediately for making tortillas.*

Another quality tested recipe from  to you



# RECIPES

## Beverages

### Tea Infusion

Add 5 - 10 ml (1 - 2 teaspoons) of whole flax seeds or milled seeds to your tea while it steeps. Strain the tea to enjoy the soothing benefits of the mucilage, which will help calm coughs and sore throats. Flax infused tea is a great home remedy to help soothe an upset stomach and fight the winter sniffles.

### Breakfast Beverages

If you make use of instant breakfast beverage, you can easily add 1 to 2 Tbsp of Golden Flax Powder. This will add the fibre and omega-3 fats often missing from these choices.

Place the powder into a glass, add the beverage, cover and shake to blend.

### Fruit Smoothie

Yield: 1 – 2 servings

	fresh or frozen fruit (banana, apple, orange, kiwi, pineapple or other available fruit)	enough for 1 or 2 people
60 to 125 ml	fruit juice	1/4 to 1/2 cup
60 to 90 ml	flax flour	4 to 6 Tbsp
60 to 125 ml	Bioactive yogurt ice (optional)	1/4 to 1/2 cup

1. In a blender, combine the washed or peeled fruit with the fruit juice, yogurt or tofu, and flax flour. Add ice, as desired.
2. Blend until smooth.
3. Thin with additional juice, as required.



Naturally loaded with vitamins and minerals, adding flax flour to your smoothie increases the fibre, omega-3 oil, protein, and antioxidants in this increasingly popular beverage.

## Smoothie with blueberries, cranberries, and flax

This smoothie provides a nutritious blend of pre and pro-biotics. High in fibre. Source of omega-3 fatty acids.

Yield: 1 serving

125 ml	Sweet Apple Cider (optional)	1/2 cup
30 ml	Fresh or frozen blueberries	2 Tbsp
60 ml	Fresh or frozen cranberries	1/4 cup
60 ml	Blueberry juice	1/4 cup
15 ml	<b>Valley Kitchen</b> flax powder	1 Tbsp
125 ml	Kefir or bioactive yogurt	1/2 cup



1. Combine all ingredients in a blender. Process until smooth.

This simple, delicious shake combines prebiotic flax and berries with probiotic kefir to help maintain healthy digestion.

And it's great for all ages!

### Kefir

Kefir is a probiotic beverage usually made by inoculating cow, goat, or sheep's milk with kefir grains consisting of a symbiotic yeast and bacteria culture.

Kefir is thought to have originated in the Northern area of the Caucasus Mountains, between Russia and Georgia.

### Prebiotics and Probiotics

Probiotic foods contain live microorganisms believed to have beneficial health effects. Probiotic foods include such foods as bioactive yogurt, kefir, sauerkraut, kombucha, kimchi, soft cheese, and other fermented foods.

As live organisms, probiotics need a food source.

Prebiotic foods, including milled flax seeds, berries, onions, garlic, apples, and bananas, provide the nutrients required for probiotic micro-organisms to thrive. Many of us already eat prebiotic foods every day.

## Shake with Kefir and Orange Juice

Yield: 1 serving

125 ml	kefir, 2% mf	½	cup
250 ml	orange juice	1	cup
15 ml	maple syrup	1	Tbsp
15 ml	golden flax flour	1	Tbsp

1. Combine all ingredients in a glass or shaker.
2. Stir or shake to blend.

Substitutions: any other juice you like; honey or other sweetener for the maple syrup.



## Blueberry Smoothie

Yield: 2 servings

250 ml	milk, 1 %	1	cup
250 ml	frozen yogurt, vanilla	1	cup
125 ml	fresh or frozen blueberries	1/2	cup
20 ml	golden flax flour	4	tsp

1. Place all ingredients in a blender and process until smooth.
2. Serve immediately with a fresh sprig of crushed mint.



## Strawberry Smoothie

Yield: 2 servings

500 ml	fresh strawberries	2	cups
125 ml	vanilla yogurt	1/2	cup
30 ml	golden flax flour	2	Tbsp
60 ml	sugar, white	1/4	cup
2.5 ml	vanilla extract	1/2	tsp
125 ml	water	1/2	cup
	chopped ice - optional		
125 ml	Champagne or sparkling water	1/2	cup

1. Combine the fresh strawberries, yogurt, flax flour, sugar, vanilla extract and water in a blender. Blend to puree.
2. Stir in the chopped ice, champagne or sparkling water, as desired.
3. Divide between 2 tall glasses.
4. Serve immediately.



Combining the extraordinary functional benefits of strawberries and flax, this smoothie is a powerhouse of nutrients.

## Eggnog Smoothie

Yield: 2 servings

500 ml	prepared eggnog, light	2 cups
60 ml	golden flax flour	1/4 cup
1	golden delicious apple, washed, cored & chopped	1
15 ml	Bourbon (optional)	1 Tbsp
	crushed ice, whipped cream & cinnamon (optional)	

1. Combine the eggnog, flax flour and apple in a blender. Process until smooth.
2. Optional: add Bourbon and crushed ice, as desired.
3. Optional: top with whipped cream and cinnamon.
4. Serve with a straw.



## Prune Flax Puree

Yield: 10 portions, 1/3 cup (80 ml) each

500 ml	water (or juice of choice)	2 cups
20 to 25	prunes, pitted bite size	1 cup
	<i>OR substitute 180 ml (3/4 cup) prune puree</i>	
160 ml	flax flour	2/3 cup

1. Check the prunes for bits of pit. Remove if present.
2. In a blender, puree all ingredients together until smooth.
3. Refrigerate after blending.



To make this a drink, measure a serving of the puree into a glass and thin it with milk, water, or juice.

You can also place a serving in a bowl and serve with cooked oatmeal, applesauce, yogurt, or pudding.

Using juice instead of water, or mixing the puree with another ingredient, will add flavor but also increase the calories and sugar content.

This prune flax puree adds prebiotic fibre, omega-3 fat and antioxidants to your diet.

Add 1 cup of probiotic yogurt or kefir for probiotic benefits.

# Breads

## Brown flax and Wheat Bread

Yield: 1 large loaf (14-16 slices)

500 ml	water, heated to 48 to 54°C (120 to 130°F)	2 cups
7.5 g	salt	1 1/2 tsp
30 g	sugar	2 Tbsp
10 ml	quick yeast	2 tsp
150 g	flax flour, fine milled brown	1 1/2 cup
150 g	whole wheat flour	1 cup
300 g	white wheat flour	2 cups
25 g	whole brown flax seeds (optional)	1/4 cup



- Mix the hot water with the salt, sugar, and flax flour. Beat with a hand held or countertop mixer 2 minutes.
- Add yeast, 1 cup of whole wheat flour and 1 cup of white wheat flour. Mix for 3 to 5 minutes, until a soft dough is formed.
- Cover and set in a warm place to rest for 10 to 20 minutes or until the dough is visibly active.
- Turn onto a well-floured counter and knead in 1 to 2 cups of white flour.
- Knead with additional wheat flour until the dough is smooth and soft but not too sticky. The flax will make the dough retain some stickiness.
- Lightly oil a bowl, add the dough, and set in a warm place for 20 to 30 minutes.
- Lightly oil a large bread pan.
- Shape the dough into a large loaf, place in the pan, and leave to rise in a warm place.
- Preheat the oven to 350°F.
- Bake for 50 to 55 minutes.
- Cool on a rack for 10 to 15 minutes. Then remove from the loaf pan to finish cooling.

Add 1/4 cup of whole flax seeds at step 5 for texture and wholesome appearance.

**Per slice:**  
calories  
fat g  
saturated fat g  
omega-3 fat g  
sodium mg  
carbohydrate g  
fiber g  
sugars g  
protein g

## Golden flax and Wheat Bread

Yield: 1 large loaf (14-16 slices)

500 ml	water, heated to 48 to 54°C (120 to 130°F)	2 cups
7.5 g	salt	1 1/2 tsp
30 g	sugar	2 Tbsp
10 ml	quick yeast	2 tsp
100 g	flax flour, fine milled golden	1 cup
150 g	whole wheat flour	1 cup
300 g	white wheat flour	2 cups



- Mix the hot water with the salt, sugar, and flax flour. Beat with a hand held or countertop mixer 2 minutes.
- Add yeast, 1 cup of whole wheat flour and 1 cup of white wheat flour. Mix for 3 to 5 minutes, until a soft dough is formed.
- Cover and set in a warm place to rest for 10 to 20 minutes or until the dough is visibly active.
- Turn onto a well-floured counter and knead with additional 1 to 2 cups of white flour.
- Knead with additional wheat flour until the dough is smooth and soft but not too sticky. The flax will make the dough retain some stickiness.
- Lightly oil a bowl, add the dough, and set in a warm place for 20 to 30 minutes.
- Lightly oil a large bread pan.
- Shape the dough into a large loaf, place in the pan, and leave to rise in a warm place.
- Preheat the oven to 350°F.
- Bake for 50 to 55 minutes.
- Cool on a rack for 10 to 15 minutes. Then remove from the loaf pan to finish cooling.

**Per slice:**

calories  
fat g  
saturated fat g  
omega-3 fat g  
sodium mg  
carbohydrate g  
fiber g  
sugars g  
protein g

## Harvey's Whole Wheat and Flax Loaf - Breadmaker

Yield: 1 large loaf

280 ml	water	1 1/8 cup
50 g	flax flour, brown or golden	1/2 cup
22.5 ml	powdered milk	1 1/2 Tbsp
15 ml	molasses	1 Tbsp
30 ml	honey	2 Tbsp
2.5 ml	salt	1/2 tsp
45 ml	butter	3 Tbsp
45 ml	gluten	3 Tbsp
690 ml	whole wheat flour	2 3/4 cups
5 ml	yeast	1 tsp

1. Insert the Baking Pan into the over chamber and secure.
2. Measure the water, flax flour, powdered milk, molasses, honey, and salt into the bread maker pan. Mix to blend with a fork or small whisk.
3. Add the butter, gluten, whole wheat flour, and yeast. Do not stir.
4. Select Whole Grain Setting and press start.

**Per slice:**

calories  
fat g  
saturated fat g  
omega-3 fat g  
sodium mg  
carbohydrate g  
fiber g  
sugars g  
protein g

This loaf takes about 4 hours 10 minutes to bake. When finished, remove from the pan and cool on a wire rack.

Instructions and time may vary, according to the brand of bread maker being used. This recipe was tested using the Black and Decker ALL-IN-ONE Deluxe Auto Bread Maker.

## Brown flax and Wheat Beer Bread - Breadmaker

Yield: 1 large, 2 1/2 lb loaf

341 ml	<b>Your favourite Beer</b> , flat, warm to room temperature	1	bottle
375 ml	flax flour, fine milled brown	1 1/2	cup
7.5 ml	salt	1 1/2	tsp
30 ml	honey	2	Tbsp
250 ml	whole wheat flour	1	cup
375 ml	white flour	1 1/2	cup
7.5 ml	quick yeast	1 1/2	tsp

1. Insert the baking pan into the oven chamber and secure.
2. Measure the warm flat beer into the baking pan and stir in the flax flour, salt, and honey.
3. Add the wheat flour and yeast. Do not stir.
4. Select Medium Crust, Whole Grain settings and press start.
5. Check that the dough is not too moist during the first kneading. If it is sticky, add a bit of extra wheat flour, maybe 15 to 30 ml or 1 to 2 Tbsp.

**Per slice:**  
 calories  
 fat g  
 saturated fat g  
 omega-3 fat g  
 sodium mg  
 carbohydrate g  
 fiber g  
 sugars g  
 protein g

This loaf takes about 3 1/2 hours to bake. When finished, remove from the pan and cool on a wire rack.

Instructions and time may vary, according to the brand of Bread Maker being used. This recipe was tested using the Black and Decker ALL-IN-ONE PRO™ B1650 (vertical loaf) and B2300 (double paddle, horizontal loaf) Automatic Bread Makers.



## Flax and Oats Brown Bread - Breadmaker

Yield: 1 large loaf

1	egg	1	
415 ml	water	1 2/3	cup
185 ml	quick rolled oats	3/4	cup
125 ml	flax flour, brown or golden	1/2	cup
60 ml	molasses	1/4	cup
30 ml	vegetable oil	2	Tbsp
2.5 ml	salt	1/2	tsp
875 ml	white flour	3 1/3	cups
7.5 ml	quick rise yeast	1 1/2	tsp

1. Place the egg, water, quick rolled oats, flax flour, molasses, vegetable oil and salt into the baking pan. Stir to mix and wet the oats and flax flour.
2. Add the flour and yeast.
3. Set on whole grain setting with medium crust and bake according to instructions.
4. Remove from the pan as soon as the bread is baked to help prevent the bread from becoming soggy.

**Per slice:**

calories  
fat g  
saturated fat g  
omega-3 fat g  
sodium mg  
carbohydrate g  
fiber g  
sugars g  
protein g

## Pizza Dough

Yield: 4, 12-inch pizzas

250 ml	water, heated to 48 to 54°C (120 to 130°F)	1 cup
5 ml	sugar	1 tsp
1 ml	salt	1/4 tsp
5 ml	yeast, instant	1 tsp
15 ml	vegetable oil (olive)	1 Tbsp
125 ml	flax flour, brown or golden	1/2 cup
375 to 430 ml	white wheat flour	1 1/2 to 1 3/4 cup



1. Combine the warm water, sugar, salt, and yeast in a medium size bowl.
2. Whisk in the oil and flax flour.
3. Stir in 1 1/2 cups of the wheat flour. On a lightly floured counter, work the dough until it is smooth and elastic, working in flour as needed to keep it from becoming sticky.
4. Rest the dough for 30 minutes or wrap and refrigerate for later use.
5. Cut the dough into 4 equal portions. Scale to about 140 g each.
6. Roll, or press and pull the dough into a medium size pizza, smaller if you prefer a thicker crust.
7. Top with sauce and your choice of ingredients.
8. Bake in an oven preheated to 200°C (400°F) for 10 to 12 minutes.
9. If you have a pizza oven, bake 260°C (500°F) for 3 to 5 minutes, or shorter time as required.

**Per slice:**  
 calories  
 fat g  
 saturated fat g  
 omega-3 fat g  
 sodium mg  
 carbohydrate g  
 fiber g  
 sugars g  
 protein g

Adding flax flour helps to keep pizza dough tender and gives a very pleasant, wholesome flavour and appearance.

Use half whole wheat flour for a more earthy flavour and increased nutritional value.

## Soft Pretzels

Yield: Makes approx. 10 pretzels.

250 ml	flax flour	1 cup
30 ml	granulated sugar	2 Tbsp
625 ml	white flour	2 ½ cup
2.5 ml	salt	1/2 tsp
15 ml	dry instant yeast	1 Tbsp
330 ml	water, heated to 48 to 54°C (120 to 130°F)	1 1/3 cup
15 ml	vegetable oil	1 Tbsp
	egg yolk	1
15 ml	water	1 Tbsp

1. In a large bowl combine 1 cup of the white flour, all of the flax flour, sugar, salt and yeast.
2. Add the warm water and oil, then mix.
3. Continuing to mix, add enough of the remaining white flour to make soft dough.
4. Turn out onto a well-floured bread board and knead, adding flour as necessary to achieve a smooth, non-sticky dough.
5. Place the dough into a lightly oiled bowl and let rest in a warm place until doubled in size (approx. 45 minutes).
6. Preheat oven to 375° F.
7. Lightly spray a baking sheet with oil.
8. Divide dough into 10 portions and roll into a rope shape about 16 inches long. Shape into a pretzel.
9. Prepare an egg wash with the egg yolk and water. Lightly brush each pretzel.
10. Let rise in a warm area for 10-15 minutes.
11. Bake for 15 minutes or until lightly browned.

**Per slice:**

calories  
fat g  
saturated fat g  
omega-3 fat g  
sodium mg  
carbohydrate g  
fiber g  
sugars g  
protein g

Easy to make and fun for the kids.



## Breakfast Bites

### Hot Cereal

Yield: 1 serving

water	$\frac{3}{4}$ to 1	cup
oatmeal, multi-grain, Cream of Wheat, or other favourite cereal	2	Tbsp
flax flour	2	Tbsp

1. Boil the water and stir in the cereal.
2. Cook over low heat, stirring, for 4 to 5 minutes.
3. Remove from heat and stir in the flax flour.



### Cold Cereal

Simply sprinkle 1 to 2 Tbsp of flax flour over your favorite cold cereal, and add milk, sugar, or fruit.

### Applesauce

Top 1 cup of applesauce with 1 to 2 Tbsp of flax flour. Add your favorite sweetener, and sprinkle with cinnamon. Fold the ingredients together and serve.

### Yogurt

Place 1 to 2 Tbsp of flax powder or golden flax flour in a bowl. Top with a serving of yogurt. Fold together and serve.



## Keto friendly flax'n egg wraps

### Breakfast Wrap

Yield: 1 serving

1	egg	1
30 ml	flax flour	2 Tbsp
30 ml	cheese, grated	2 Tbsp
	fresh herbs – chives, thyme, basil	to taste
	salt and pepper	to taste
5 ml	vegetable spray oil for the pan	1 tsp



1. In a small bowl, combine the egg and flax flour.
2. Stir in the grated cheese and herbs; season with salt and pepper.
3. Lightly spray a hot pan with oil. Pour the mixture into the hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through, just a few seconds.
4. Serve with fresh greens, extra cheese, and salad dressing, or yogurt, fresh fruit, tomato slices, or tomato salsa.

This makes a very quick, hearty and delicious snack or breakfast.

## Waffles

Yield: 4 waffles (2 servings)

185 ml	milk, 1%	3/4 cup
60 ml	flax flour, brown or golden	1/4 cup
1	large egg	1
5 ml	sugar	1 tsp
30 ml	canola oil	2 Tbsp
80 ml	quick oats	1/3 cup
80 ml	whole wheat flour	1/3 cup
5 ml	baking powder, sifted	1 tsp



1. In a bowl, combine the milk, flax flour, egg, sugar, and oil.
2. Add the quick oats, whole wheat flour and sifted baking powder. Stir to blend.
3. Spray the waffle iron with oil. When hot, add the batter and cook according the manufacturer's instructions. For a 2-waffle iron, add half of the batter (about 2/3 cup). For a 4-waffle iron, cook all of the batter at once.

Serve with syrup, yogurt, fresh fruit, or topping of your choice.

You can **substitute water for the milk**, but the waffle will not brown. To have brown waffles, add 15 ml (1 Tbsp) of honey.

You can **remove the egg**, but add an extra 30 ml (2 Tbsp) of hot milk or water with 15 ml (1 Tbsp) of flax flour stirred in.

## Pancakes using complete pancake mix

Yield: 5 servings (2 x 4 inch pancakes per serving)


310	ml	water	1 1/4	cups
60	ml	<b>Valley Kitchen brown or golden flax flour</b>	1/4	cup
1	ml	cinnamon	1/4	tsp
30	ml	apple sauce	1/8	cup
250	ml	complete pancake mix	1	cup
As required		vegetable oil for the griddle (spray is good)	As required	



1. Place the water in a bowl. Stir in the flax flour, cinnamon, and apple sauce.
2. Wisk in the pancake mix. Do not over beat or the pancake may be tough.
3. Lightly spray or wipe the griddle or pan with oil.
4. Ladle about 60 ml (1/4 cup) of the batter onto the hot griddle. Turn when the top begins to show bubbling.

For an attractive, nutritious breakfast, serve with fruit, maple syrup, and yogurt.

**Per slice:**  
 calories  
 fat g  
 saturated fat g  
 omega-3 fat g  
 sodium mg  
 carbohydrate g  
 fiber g  
 sugars g  
 protein g

Another quality tested recipe from  to you



## Light meals and Snacks

### Lunch Wrap

Yield: 1 serving

1	egg	1
30 ml	flax flour	2 Tbsp
30 ml	canned meat or fish	2 Tbsp
	salt and pepper	to taste
5 ml	vegetable spray oil for the pan	1 tsp
	micro-greens - optional	

1. In a small bowl, combine the egg and flax flour.
2. Stir in the meat or fish; season with salt and pepper.
3. Lightly spray a hot pan with oil. Pour the mixture into the hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through, just a few seconds.
4. Wrap around a portion of micro-greens or serve with a small side salad

### no-Bake energy bites

Yield: 28 bites (about 20 g each)

250 ml	<b>Valley Kitchen gluten free whole rolled oats</b>	1	cup
125 ml	chocolate chips, dairy free	1/2	cup
125 ml	<b>Valley Kitchen gluten free Flax Flour or Flax Powder</b>	1/2	cup
125 ml	peanut butter substitute	1/2	cup
60 ml	honey	1/4	cup
60 ml	maple syrup	1/4	cup



1. Combine the oats, chocolate chips, flax flour or powder, peanut butter or substitute, honey, and maple syrup.
2. Scoop out about 1 Tbsp, squeeze and roll into a ball.
3. Arrange the bites on a parchment paper lined sheet and freeze until set, about 1 hour.

I used WOW Butter to make these energy bites peanut free. WOW Butter is a bit thicker than peanut butter, so if you use peanut butter you should add a bit more oats.

These are free of gluten, dairy, and nuts when using the recommended ingredients.

## Flax Seed Crackers

Yield: Makes 10 servings (15 crackers per serving)

60 ml	whole flax seeds	1/4 cup
125 ml	flax flour	1/2 cup
375 ml	white flour	1 1/2 cup
2.5 ml	baking powder	1/2 tsp
2.5 ml	salt	1/2 tsp
20 ml	butter	4 tsp
180 ml	water	3/4 cup

1. Preheat oven to 325° F.
2. In a bowl, combine the whole flax seeds, flax flour, white flour, baking powder and salt.
3. Blend in the butter to a very fine texture.
4. Add water and mix well. Turn onto a board and knead to blend.
5. Place the dough in a bowl, cover and refrigerate for 10 minutes.
6. Cut the dough into quarters and shape into rectangles.
7. Roll to 1/16 inch thick.
8. Cut the dough into squares and place on a non-greased baking sheet.
9. Bake 15 minutes, or until the crackers are dry, crisp and lightly browned.



These are great dunkers for salsa and dips.

## Country Biscuits

Yield: 6 to 8 servings

125 ml	flax flour, golden	1/2 cup
180 ml	milk, cold	3/4 cup
375 ml	flour, all purpose	1 1/2 cup
20 ml	baking powder	4 tsp
30 ml	sugar, white	2 Tbsp
60 ml	butter, cold	1/4 cup



1. Preheat the oven to 220°C (425°F).
2. In a small bowl, whisk the flax flour into the cold milk. Set aside.
3. Measure and combine the all-purpose flour, baking powder, and white sugar.
4. Cut in the cold butter to a mealy texture.
5. Using a strong spoon or spatula, stir the wet flax into the dry mixture. Fold together until the dough forms a cohesive ball.
6. Lightly flour the counter, turn the dough onto it, flatten and roll to about 2.5 cm (1 inch) thick. Cut with a 6.5 cm (2 ½ inch) cutter to make 8 biscuits. Lay out close together on a baking sheet.
7. Bake for 15 minutes.

These biscuits are a flavourful accompaniment to fresh strawberries, jam, or seafood chowder.

## Oat Cakes

Yield: 18 to 24 oat cakes

250 ml	flax flour	1	cup
625 ml	instant rolled oats	2 1/2	cup
250 ml	white flour	1	cup
125 ml	brown sugar	1/2	cup
2.5 ml	salt	1/2	tsp
2.5 ml	baking soda	1/2	tsp
180 ml	butter	3/4	cup
180 ml	water	3/4	cup

1. Preheat oven to 350° F.
2. In a large bowl, combine flax flour, rolled oats, white flour, brown sugar, salt and baking soda.
3. Cut in the butter until evenly blended.
4. Add the water and mix to form soft dough.
5. Turn the dough out onto a pastry counter generously coated with oats.
6. Press the dough into an elongated rectangle and roll out to 1/4 of an inch thick. Cut into 2 3/4 inch rounds and place on a baking sheet.
7. Gather the scraps together and re-roll.
8. Bake for 20 minutes and cool on rack.



# Meal Bites

## Seasoned Fish Fry

Yield: 4 servings

125 ml	golden flax flour	1/2	cup
15 ml	your favorite fish seasoning	1	Tbsp
454 g	fish fillets	1	lb
15 ml	vegetable oil	1	Tbsp
15 ml	butter	1	Tbsp

1. Mix the flax flour and your favorite fish seasoning together.
2. Sprinkle evenly onto a flat plate.
3. Heat the butter and oil in a large pan.
4. Cut the fish into serving size pieces. Lay the fish on the seasoned flour. Turn over to season both sides.
5. Fry the seasoned fish in the hot butter/oil for about 2 minutes on one side. Turn over to the other side and finish cooking.
6. Serve immediately.

You can substitute **Valley Kitchen Pancake & Cookie Mix** for the golden flax flour.

## Salmon Cakes

Yield: 4 large cakes (4in) or 6 small ones (3in)

1	small stalk celery	1	
1	small peeled onion	1	
1	small can salmon / drained but include bones	1	
1	egg	1	
60 ml	flax flour	4	Tbsp
2 ml	Worcestershire sauce	1/2	tsp
	fresh ground pepper, parsley, herbs to taste		

1. Chop vegetables in food processor (or chop very finely by hand).
1. Add drained salmon / include bones; puree well.
2. Add egg, flax flour, herbs & spices. Mix well.
3. Melt a little butter in non-stick pan.
4. Drop salmon mixture by spoonful into hot pan.
5. Cook on one side until set & browned.
6. Turn carefully as they are quite soft. Cook on other side.

Delicious hot or cold, as main course with vegetables or salad or served in hamburger buns with lettuce, tomatoes, or other condiments.

## Chicken with Seasoned Flax Flour

Yield: 1 to 2 servings

1	boneless chicken breast	
15 ml	golden flax flour	2 Tbsp
	seasoning	to taste
	vegetable oil	as required

1. Sprinkle the flax flour and seasoning on a plate. Mix to blend.
2. Moisten the chicken breast and press it into the flax and seasoning mixture. Turn with tongs and press in the other side.
3. Heat the oil in a frying pan. Fry the chicken to an internal temperature of 74°C, turning to crisp both sides.

This is a delicious way to add fibre and omega-3 fat to your chicken.

Use only as much vegetable oil as you need to fry the chicken.

You can substitute **Valley Kitchen Pancake & Cookie Mix** for the golden flax flour.

## Desserts

### Peanut Butter Cookies

Yield: 20 cookies

250	ml	brown sugar	1	cup
125	ml	white sugar	1/2	cup
60	ml	butter, melted	1/4	cup
2		egg, large	2	
5	ml	vanilla	1	tsp
250	ml	peanut butter, crunchy	1	cup
250	ml	flax flour	1	cup
250	ml	wheat flour	1	cup
5	ml	baking powder	1	tsp

1. Preheat oven to 350° F.
2. Beat together the brown sugar, white sugar, melted butter, eggs, and vanilla.
3. Blend in the peanut butter.
4. Combine the flax flour, wheat flour, and baking powder. Using a stiff spatula or heavy spoon, mix the flour into the wet ingredients.
5. Scoop 3 Tbsp of the batter onto a parchment paper lined baking sheet and flatten with a fork. You will be able to bake 6 cookies on one sheet.
6. Repeat with the remaining dough.
7. Bake for 13 - 15 minutes.
8. Cool for 5 minutes and then move to a wire rack.



**Per:** cookie  
 Calories 180  
 fat 10 g  
 saturated fat 3 g  
 omega-3 fat 0.2 g  
 sodium 110 mg  
 carbohydrate 21 g  
 fiber 1.5 g  
 sugars 14 g  
 protein 5 g



## Chocolate Chip cookies

Yield: 18 cookies

125 ml	butter, room temperature	1/2	cup
125 ml	brown sugar	1/2	cup
1	egg, large	1	
5 ml	vanilla	1	tsp
180 ml	all-purpose wheat flour	3/4	cup
125 ml	Valley Kitchen flax flour	1/2	cup
10 ml	baking powder	2	tsp
125 ml	chocolate chips	1/2	cup



**Per slice:**  
 calories  
 fat g  
 saturated fat g  
 omega-3 fat g  
 sodium mg  
 carbohydrate g  
 fiber g  
 sugars g  
 protein g

7. Preheat oven to 350°F.
8. Line 2 baking sheets with parchment paper.
9. Cream the butter and brown sugar.
10. Beat in the egg and vanilla.
11. Combine the all-purpose wheat flour, flax flour and baking powder.
12. Add the creamed mixture and chocolate chips to the flour mixture. Stir until completely blended.
13. Scoop the dough, about 2 Tbsp each, (#40 scoop) onto the lined baking sheets.
14. Bake for 12 to 14 minutes.
15. Cool on the pan for several minutes and then move to a rack to cool completely.



Cream the butter



Mix wet and dry ingredients



Scoop the batter onto the lined baking sheet



Bake the cookies



## Oatmeal Coconut Cookies

Yield: 24 cookies

125 ml	flax flour, brown or golden	½	cup
125 ml	brown sugar	½	cup
180 ml	milk or orange juice	¾	cup
1	egg, large	1	
5 ml	vanilla	1	tsp
2 ml	baking soda	½	tsp
125 ml	coconut or raisins	½	cup
500 ml	gluten free oatmeal	2	cups



1. Preheat the oven to 350°F.
2. Lightly spray with oil, 2 baking sheets.
3. In a medium bowl, mix the flax flour, brown sugar, milk, egg and vanilla.
4. Add the baking soda, coconut or raisins and oats. Stir to moisten.
5. Scoop 30 ml (2 Tbsp) at a time onto the baking sheets. Flatten slightly.
6. Bake for 12 to 15 minutes. Remove to a rack to cool.

Adding more liquid makes a softer cookie which will spread larger on the baking sheet.

## Molasses Cookies

Yield: 48 cookies

500 ml	molasses	2	cups
375 ml	brown sugar	1 ½	cups
250 ml	oil	1	cup
250 ml	hot water	1	cup
10 ml	baking soda	2	tsp
10 ml	cinnamon	2	tsp
10 ml	cloves	2	tsp
10 ml	ginger	2	tsp
250 ml	flax flour, brown or golden	1	cup
1.6 l	wheat flour, all purpose	6 ½	cups

1. Combine molasses, brown sugar and oil.
2. Place soda in the hot water and stir in to the mixture above.
3. Add cinnamon, cloves, ginger and flax flour. Mix well.
4. Fold in the flour until dough is still soft but not sticky.
5. Place the dough on a floured counter, roll out to ¼" thick. Cut with 3" round cookie cutter.
6. Place on greased, doubled baking sheet.
7. Bake at 350°F for 10 – 12 minutes.



## Shortbread Cookies

Yield: 60 cookies

180 ml	butter, salted, room temperature	3/4 cup
125 ml	golden flax powder	1/2 cup
125 ml	icing sugar	1/2 cup
60 ml	orange juice	1/4 cup
5 ml	vanilla	1 tsp
500 ml	all purpose white flour	2 cup



1. Cream the butter. Blend in the golden flax flour and icing sugar. Beat on medium for 2 minutes.
2. Add the orange juice and vanilla. Stir to mix.
3. Fold the flour into the batter until just blended. Knead gently as required to hold the dough together.
4. Lightly flour the counter and roll the dough to about ½ cm thick.
5. Cut with a small decorative cookie cutter. Gather remaining dough together, roll and cut. Repeat until all of the dough has been used.
6. Lay on a baking sheet.
7. Decorate with cherries, coloured sprinkles or other seasonal decoration.
8. Bake in an oven preheated to 325°F for 15 minutes.

Shortbread cookies are as much a part of the festive season as gifts and eggnog. These delicious cookies provide a small nutritional compliment of fibre to the wonderful flavour of butter and vanilla.

## Gingerbread Cupcakes

Yield: 18 large cup cakes

125 ml	flax flour, brown or golden	1/2 cup
125 ml	warm water	1/2 cup
125 ml	butter, softened	1/2 cup
125 ml	sugar	1/2 cup
2	eggs, large	2
180 ml	molasses	3/4 cup
10 ml	baking soda	2 tsp
5 ml	salt	1 tsp
625 ml	white flour	2 1/2 cup
10 ml	ginger powder	2 tsp
7 ml	cinnamon	1 1/2 tsp
5 ml	cloves	1 tsp
10 ml	nutmeg	2 tsp
250 ml	warm tea	1 cup



1. Preheat oven to 400°F (200°C).
2. Mix the flax flour and warm water. Set aside.
3. Cream the butter and sugar. Beat in the flax flour and water. Incorporate the eggs, one at a time. Beat in the molasses.
4. Measure and sift together the dry ingredients.
5. Combine dry ingredients into the wet alternately with the tea.
6. Stir just enough to thoroughly blend.
7. Scoop the batter into large paper lined muffin tins.
8. Bake for 20-25 minutes. Remove from tins and cool on a rack.

## Blueberry-Lemon Cupcakes

Yield: 12 large or 30 mini cupcakes

500 ml	white wheat flour	2	cups
15 ml	baking powder	1	Tbsp
30 ml	soft butter	2	Tbsp
180 ml	sugar	3/4	cup
1	egg, large	1	
25 ml	lemon juice	1 1/2	Tbsp
250 ml	milk	1	cup
310 ml	blueberries, wild, fresh or frozen	1 1/4	cup
15 ml	white wheat flour	1	Tbsp
	lemon icing		
60 ml	melted butter	1/4	cup
20 ml	lemon zest	4	tsp
20 ml	lemon juice	4	tsp
500 ml	icing sugar	2	cups
	milk or water as needed		



**Per large  
cupcake:**

calories  
fat g  
saturated fat g  
omega-3 fat g  
sodium mg  
carbohydrate g  
fiber g  
sugars g  
protein g

1. In a large mixing bowl, combine the flour and baking powder.
2. Make a well in the center of the flour mixture and add the soft butter, sugar, egg, lemon juice, and milk.
3. Mix until well blended.
4. Flour the berries and fold them, with the dusting flour, into the batter.
5. Pour the batter into a medium, oiled, non-stick muffin tins.
6. For large cupcakes bake at 350°F for 25 to 30 minutes. Mini cupcakes bake for 15 minutes.
7. Cool for 5 minutes and turn out onto a rack.
8. Combine the icing ingredients. Mix and thin to required consistency to spread.
9. Top each cooled cupcake with a generous portion of the icing.

If using frozen berries, rinse under cold water before dusting with flour.

You can use cultivated blueberries, but they tend to be large and may leave holes in the cupcakes.

## Banana Muffins

Yield: 12 large muffins

1	egg	1
250 ml	milk, 1%	1 cup
60 ml	vegetable oil	1/4 cup
180 ml	sugar, white	3/4 cup
3	bananas, mashed	3
5 ml	vanilla	1 tsp
250 ml	flax flour	1 cup
250 ml	white flour	1 cup
250 ml	whole wheat flour	1 cup
5 ml	baking soda	1 tsp
15 ml	baking powder	1 Tbsp



1. In one bowl, mix together the egg, milk, oil, sugar, bananas, and vanilla.
2. In another bowl, mix together the flax flour, white flour, whole wheat flour, baking soda, and baking powder.
3. Combine the wet and dry ingredients; mix until just blended.
4. Scoop the batter into 12 nonstick or paper lined muffins cups; fill each cup full.
5. Bake in a 200° C (400° F) oven for 20 to 25 minutes, or until firm to the touch.

**Per muffin:**

calories 260  
 fat 10 g  
 saturated fat 1 g  
 omega-3 fat 2 g  
 sodium 200 mg  
 carbohydrate 42 g  
 fiber 5 g  
 sugar 19 g  
 protein 6 g

## Oatmeal Berry Burst Muffins

Yield: 12 large muffins

375 ml	all-purpose flour	1 1/2 cups
180 ml	quick-cooking rolled oats	3/4 cups
10 ml	baking powder	2 tsp
2 ml	salt	1/2 tsp
2 ml	ground cinnamon	1/2 tsp
125 ml	packed brown sugar	1/2 cup
1	egg	1
375 ml	milk	1 1/2 cup
125 ml	brown or golden flax flour	1/2 cup
125 ml	light mayonnaise	1/2 cup
250 ml	fresh or frozen raspberries or blueberries (or a combination)	1 cup



1. In a large bowl, combine flour, oats, baking powder, salt, and cinnamon.
2. In a medium bowl, whisk together brown sugar, egg, milk, flax flour, and mayonnaise until blended. Pour over flour mixture and stir until just combined. Fold in berries.
3. Divide batter evenly among 12 lightly greased, non-stick, or paper lined muffin cups.
4. Bake in preheated 200°C (400°F) oven for 25 to 27 minutes or until tops spring back when lightly touched.

Let cool in pans on a wire rack for 10 minutes, then transfer to a rack to cool completely. The paper cup will stick to the muffins when first out of the oven. Leave for several hours if using paper cups.

This recipe has been modified to include flax flour. The original comes from the Dietitians of Canada website as a Nutrition Month resource. [www.dietitians.ca](http://www.dietitians.ca)

## Pumpkin Muffins with Raisins and Ginger

Yield: 12 large muffins

250 ml	whole wheat flour	1	cup
60 ml	all-purpose flour	¼	cup
125 ml	flax flour	½	cup
125 ml	granulated white sugar	½	cup
15 ml	baking powder	1	Tbsp
2.5 ml	baking soda	½	tsp
7.5 ml	ground cinnamon	½	Tbsp
2.5 ml	ground nutmeg	½	tsp
2.5 ml	ground ginger	½	tsp
60 ml	candied ginger, chopped	¼	cup
180 ml	raisins	¾	cup
180 ml	pumpkin puree	¾	cup
30 ml	vegetable oil	2	Tbsp
375 ml	buttermilk	1 ½	cups
2	large eggs	2	



1. Prepare 12 muffin tins by spraying lightly with oil.
2. Preheat the oven to 190°C (375°F).
3. In a large bowl, combine the whole wheat flour, all-purpose flour, flax flour, sugar, baking powder, baking soda, spices, salt, candied ginger and raisins.
4. In a 2<sup>nd</sup> bowl, blend the pumpkin puree, oil, buttermilk and eggs.
5. Make a well in the centre of the dry ingredients and pour in the wet ingredients. Fold together to blend. Do not over stir.
6. Scoop the batter into the muffin tins and bake in the preheated oven for 25 to 27 minutes or until firm to the touch.

Enjoy the candied ginger explosion in these nutritious muffins.

## Cheesy Zucchini Muffins

Yield: 12 large muffins

375	ml	all-purpose wheat flour	1 1/2	cups
180	ml	<b>Valley Kitchen flax flour</b>	3/4	cup
60	ml	sugar	1/4	cup
2.5	ml	ground pepper	1/2	tsp
2.5	ml	nutmeg	1/2	tsp
15	ml	baking powder	1	Tbsp
2		eggs, large	2	
125	ml	butter, melted or vegetable oil	1/2	cup
500	ml	zucchini, grated**	2	cups
125	ml	carrot, grated	1/2	cup
125	ml	broccoli florets	1/2	cup
125	ml	Cheddar cheese, grated	1/2	cup

Additional cheddar cheese, grated or cut into 12 x 1/2 inch cubes, for garnish

\*\* substitute 1 1/4 cups of frozen grated zucchini, thawed, with the liquid

1. Turn the oven on to preheat at 350°F.
2. Prepare the muffin tins by spraying generously with oil.
3. In a large mixing bowl, measure and whisk together the all-purpose wheat flour, Valley Kitchen flax flour, sugar, pepper, nutmeg and baking powder.
4. Make a well in the centre and add the eggs and melted butter.
5. Mix using an electric mixer until well blended. The batter will be chunky at this stage.
6. Add the zucchini, carrot, and broccoli. Using a wooden spoon or spatula, mix the ingredients to make a moist batter.
7. Fold in the 1/2 cup of grated cheese.
8. Scoop the batter evenly among the 12 muffin tins.
9. To finish, either push a piece of cheese into each muffin and cover with batter, or smooth the top of each muffin and garnish with additional grated cheddar cheese.
10. Bake for 25 to 27 minutes.
11. Cool for 5 to 8 minutes and then turn out onto a rack to finish cooling.



**Per slice:**  
 calories  
 fat g  
 saturated fat g  
 omega-3 fat g  
 sodium mg  
 carbohydrate g  
 fiber g  
 sugars g  
 protein g





## Rhubarb Muffins

Yield: 12 large or 16 medium size muffins

### Ingredients

165 g	all-purpose white wheat flour	1 1/4 cup
140 g	flax flour	1 1/4 cup
200 g	sugar	1 cup
15 ml	baking powder	1 Tbsp
2.5 ml	cloves	1/2 tsp
2.5 ml	salt (optional)	1/2 tsp
500 ml	stewed rhubarb (see note)	2 cups
2	eggs, large	2

cinnamon sugar – recipe below

1. Preheat oven to 350° F.
2. Oiled or paper line the muffin cups.
3. Measure the dry ingredients into a medium size bowl. Mix to blend.
4. Make a well in the centre. Add the rhubarb and eggs. Blend the wet ingredients together. Then stir wet ingredients into the dry ingredients.
5. Scoop into the prepared muffins cups.
6. Sprinkle with cinnamon sugar.
7. Bake for 30 to 35 minutes. Cool in pan for a few minutes before turning out to cool.

### Cinnamon sugar

15 ml	granulated sugar	1 Tbsp
2.5 ml	cinnamon	1/2 tsp

Mix the 1 Tbsp of sugar with the 1/2 tsp of cinnamon.



**Per muffin, no added salt, with cinnamon sugar:**

calories 210  
fat 5 g  
saturated fat 0.5 g  
omega-3 fat 2 g  
sodium 100 mg  
carbohydrate 42 g  
fiber 4 g  
sugar 25 g  
protein 4 g

You can use either stewed fresh or frozen rhubarb for this recipe. When stewing fresh rhubarb, I add a small amount of sugar.

## Rhubarb Coffee Cake

Yield: 1 pan, 9 x 12 inches

375 ml	flour, white all purpose	1 ½	cup
15 ml	baking powder	1	Tbsp
125 ml	sugar, white	½	cup
2 ml	cinnamon	½	tsp
60 ml	flax flour, brown or golden	¼	cup
1	egg, medium	1	
250 ml	milk, 1%	1	cup
500 ml	diced fresh rhubarb	2	cups



For crumble topping

125 ml	packed brown sugar	½	Cup
60 ml	flax flour, brown or golden	¼	Cup
60 ml	quick oats	¼	Cup
45 ml	butter	3	Tbsp
5 ml	cinnamon	1	Tsp

1. Preheat the oven to 400°F.
2. Spray a 9" x 12" pan with oil.
3. Sift together flour, baking powder, sugar, and cinnamon. Stir in the flax flour.
4. In another bowl, beat the egg with a fork and whisk in the milk. Pour into flour mixture, add chopped rhubarb and stir until mixed.
5. Spread the batter evenly into the prepared pan.
6. Place topping ingredients in a small bowl and rub together until combined and crumbly. Sprinkle over cake batter.
7. Bake for 30 minutes, or until toothpick inserted into center comes out clean.

This is a great way to use some of your fresh rhubarb crop.  
These little squares of cake are packed with flavour.

## Blueberry Coffee Cake

Yield: 1 pan, 9 x 9 inches

375 ml	whole wheat flour	1 ½ cup
125 ml	flax flour	½ cup
15 ml	baking powder	1 Tbsp
2 ml	salt	½ tsp
180 ml	sugar	¾ cup
60 ml	margarine	¼ cup
1	egg	1
10 ml	vanilla	2 tsp
175 ml	milk	¾ cup
375 ml	blueberries	1 ½ cups
30 ml	sugar	2 Tbsp
5 ml	lemon juice	1 tsp

### Topping

60 ml	whole wheat flour	¼ cup
60 ml	flax flour	¼ cup
60 ml	brown sugar	¼ cup
60 ml	butter	¼ cup
10 ml	cinnamon	2 tsp

1. Preheat oven to 350 F.
2. Mix together the first nine ingredients.
3. Mix berries, sugar, and lemon together.
4. Spread half the batter evenly into a sprayed or oiled pan.
5. Cover with blueberry mixture, then spread remainder of batter on top of the berry mixture.
6. Mix topping ingredients together until crumbly and sprinkle on top.
7. Bake for 35 to 40 minutes.

## Prune Loaf

Yield: 1 large loaf

500	ml	all-purpose wheat flour	2	cups
180	ml	<b>brown or golden flax flour</b>	3/4	cup
250	ml	brown sugar	1	cup
2.5	ml	baking soda	1/2	tsp
15	ml	baking powder	1	Tbsp
2		eggs, large	2	
250	ml	milk	1	cup
125	ml	orange or other fruit juice	1/2	cup
60	ml	vegetable oil	1/4	cup
5	ml	vanilla	1	tsp
180	ml	dried prunes, chopped	3/4	cup



1. Pre-heat the oven to 375°F.
2. Lightly spray with oil 1 large bread and loaf pan.
3. In a large bowl, combine all-purpose flour, flax flour, brown sugar, baking soda, and baking powder. Whisk to blend.
4. Blend the eggs, milk, fruit juice, vegetable oil and vanilla. Fold into the flour mixture.
5. Stir in the chopped prunes.
6. Pour the batter into the oiled pan and bake at 375°F for 50 to 60 minutes.
7. Cool for 10 to 15 minutes and then turn out onto a rack to cool completely before slicing.

**Per slice, 20 slices per loaf:**  
 calories  
 fat g  
 saturated fat g  
 omega-3 fat g  
 sodium mg  
 carbohydrate g  
 fiber g  
 sugars g  
 protein g

Enjoy plain, with marmalade, or buttered. Delicious any way you serve it!

## Date Squares

Yield: 1 pan, 9 x 9 inches

450 ml	dates	1 lb
125 ml	flax flour	1/2 cup
60 ml	buckwheat flour	1/4 cup
250 ml	brown sugar	1 cup
5 ml	baking soda	1 tsp
500 ml	gluten free oats	2 cup
125 ml	butter	1/2 cup

1. Preheat oven to 350° F.
2. Place dates in a pot and fill it with water until they are all just covered. Bring to a boil and simmer until soft.
3. Mix together the other ingredients until crumbly.
4. Put 3/4 of the mixture into a greased 9 x 9 inch pan.
5. Cover this with the dates.
6. Put the rest of the oats mixture on top of this.
7. Bake for 25 minutes or until edges are brown.

## Apple Crisp

Yield: 12 serving

1.5 L	apples	6 cups
	nutmeg or cinnamon	(as desired)
125 ml	brown sugar	1/2 cup
125 ml	white flour	1/2 cup
125 ml	flax flour	1/2 cup
125 ml	rolled oats	1/2 cup
60 ml	soft butter	1/3 cup
	extra cinnamon	



1. Preheat oven to 180°C (350°F).
2. Wash, core and slice the apples into an oven proof baking dish. Sprinkle the apples with nutmeg or cinnamon.
3. In a bowl, mix the brown sugar, white flour, flax flour and rolled oats.
4. Add the soft butter and rub in until the butter is well blended with the flour.
5. Put the flour mixture on top of the sliced apples. Press lightly.
6. Bake for 45 minutes, or until the apples are soften.

## Carrot Cake with Creamy Frosting

Yield: 1 pan, 9 x 9 inches

375 ml	white flour	1 1/2	cup
160 ml	flax flour	2/3	cup
15 ml	baking soda	1	Tbsp
7.5 ml	cinnamon	1/2	Tbsp
4 ml	allspice	3/4	tsp
1 ml	nutmeg	1/4	tsp
250 ml	brown sugar	1	cup
	large egg	2	
	large egg whites	2	
625 ml	carrots, shredded	2 1/2	cup
125 ml	raisins (optional)	1/2	cup
160 ml	buttermilk	2/3	cup
250 ml	pineapple, crushed, in unsweetened juice, drained	1	cup
125 ml	water and pineapple juice	1/2	cup

1. Preheat oven to 350° F.
2. In one bowl, combine white flour, flax flour, baking soda, cinnamon, allspice and nutmeg.
3. In another bowl, combine sugar, eggs and egg whites. Mix for 1 minute at medium speed.
4. Stir in carrots, raisins, buttermilk, pineapple and water.
5. Combine with dry mixture and mix well.
6. Pour into a 9 x 9 lightly greased pan lined with parchment paper.
7. Bake for 45 minutes, cool completely and frost.

### Frosting:

180 ml	cream cheese	6	oz
125 ml	confectioner's sugar	1/2	cup
15 ml	lemon juice	1	Tbsp
2.5 ml	vanilla extract	1/2	tsp
15 ml	lemon zest	1	Tbsp
20 ml	sour cream to thin the icing	4	tsp

Combine all ingredients and beat for 2 minutes or until desired thickness.

## Caribbean Squares

Yield: 1 pan, 8 x 8 inches

160 ml	butter	2/3 cup
60 ml	sugar	1/4 cup
80 ml	flax flour	1/3 cup
180 ml	white flour	3/4 cup
2	eggs	2
250 ml	brown sugar	1 cup
125 ml	crushed pineapple, drained	1/2 cup
250 ml	coconut	1 cup
80 ml	candied cherries, chopped	1/3 cup
5 ml	rum flavoring	1 tsp
30 ml	flax flour	2 Tbsp
2.5 ml	baking powder	1/2 tsp

1. Preheat oven to 350° F.
2. Mix the first four ingredients until crumbly.
3. Pack into an 8x8 ungreased pan and bake for 15 minutes.
4. Beat eggs slightly and stir in the remaining ingredients.
5. Pour this mixture over the baked bottom layer.
6. Bake for 25-30 minutes, or until a medium brown color.
7. Leave as it is or frost when cool.

Frosting:

375 ml	icing sugar	1 1/2 cup
45 ml	butter or margarine	3 Tbsp
2.5 ml	rum flavoring	1/2 tsp
25 ml	pineapple juice	5 tsp

Combine all ingredients and spread on bars.