

Cooking and Baking

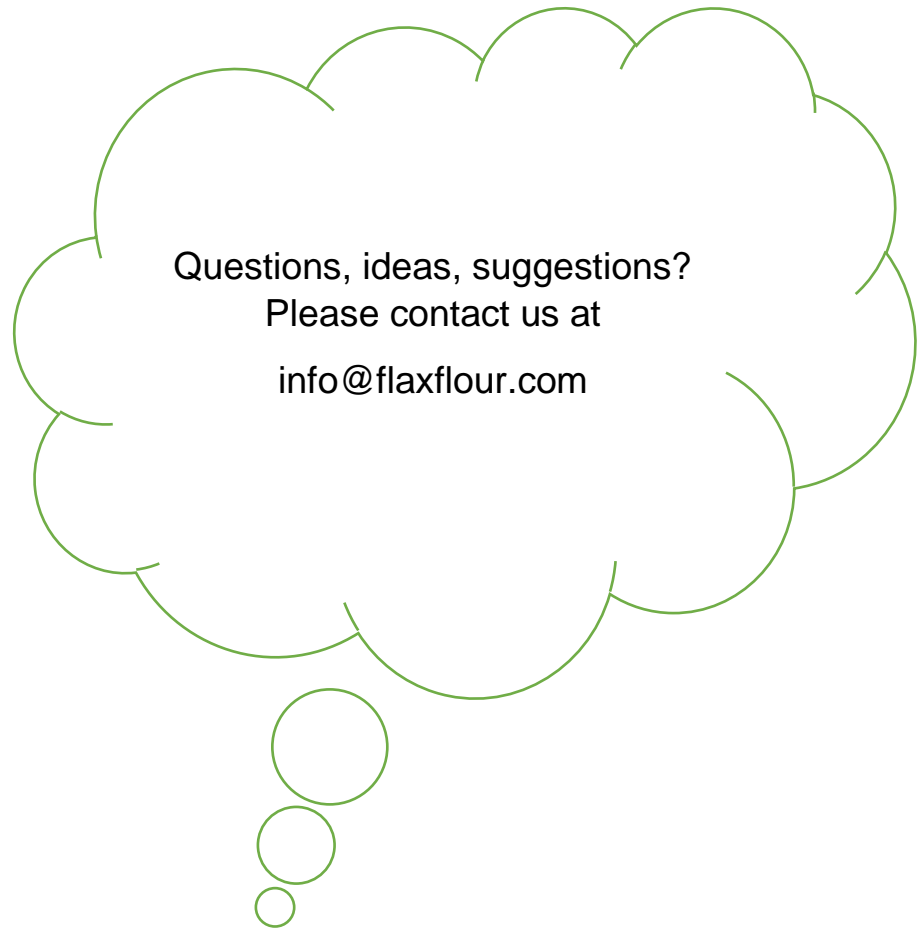
With Flax and Wheat

RECIPES for Care Homes



Food Solutions with Health and Lifestyle Benefits

Enjoy the Goodness: Easy Healthy Everyday



Questions, ideas, suggestions?
Please contact us at
info@flaxflour.com

Resources for Health Care

Increasing fibre in the diet by offering whole foods for meals, snacks, and activities within a home care environment is an essential element of every quality care plan. Ask the professional staff at Valley Flaxflour Ltd to help you plan, implement, and maintain of your natural bowel care program using the benefits of milled flax flour.

For additional resources, please contact
Freeman Signature



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Introduction

Flax is a wholesome food most people will enjoy. By simply encouraging people in their home environment to accept the addition of flax to their food, you can help reduce serum cholesterol, control blood sugar, reduce long-term dependence on bowel care medications and improve quality of life by giving back control of one of the most basic bodily functions. They will love you for it!

As one lady noted: "It just makes you regular, dear. Now that's a good thing, isn't it?"

But flax is so much more than bulking fibre. See "Why do we love flax?" on the next page for some of the many health benefits gained by adding flax as a food choice to the menu.

This book of information and recipes has been developed to provide kitchen managers, chefs, and cooks easy-to-make, everyday foods which can be produced in a variety of environments. Providing flax as an ingredient in a variety of common foods, as demonstrated in this book, is very easy and can be a lot of fun. We have included several recipes which are designed to be a quick and easy way to help people living in their new home carry on some of the joy and simple pleasure of baking.

Adding flax as another wholesome ingredient does not need to be complicated. The easy-to-follow recipes included in this booklet, and on-line, simplify the task.

In homes where the use of flax is encouraged for its medical benefits, we have developed a selection of resources which we will happily share with you. **Please contact us directly at info@flaxflour.com**

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 or phone 1-866-825-8256 (Toll free Canada).



Why do we love flax?

Because, flax is a wholesome food solution to some very serious medical issues.

Two tablespoons of milled flax provide:

- Over 4 g of fibre; 1/3 of which is soluble fibre. The fibre in milled flax can help:
 - Promote bowel regularity
 - Feed pro-biotic bacteria for good GI health
 - Control blood sugar
 - Reduce LDL cholesterol
 - Lower blood pressure
 - Help prevent colon and rectal cancer
- Over 3 g of essential omega-3 fatty acid, which helps:
 - Protect against cardio-vascular disease
 - Inhibit pro-inflammatory mediators
 - Improve renal function in patients suffering from lupus nephritis

It's as easy as eating!

To review current research and general information about flax, visit www.flaxresearch.com and www.flaxcouncil.ca

Flax is a plant source of high-quality protein that can:

- Help stimulate insulin secretion, resulting in reduced glycemic response
- Provide arginine, glutamine, and histidine, the three amino acids known to have strong effects on immune function
- Provide cysteine and methionine which can boost the body's anti-oxidant levels
- flax is one of the best, and most cost effective, sources of lignans, a functional component which provides phyto-estrogens and anti-oxidants;

The functional nutrients in flax can help reduce medication costs by:

- lowering serum LDL cholesterol which can reduce or eliminate the need for cholesterol lowering medication
- lowering blood pressure which can eliminate the need for blood pressure control medication
- reducing or eliminating the need for bowel care medications, including stool softeners and bulking agents
- working with pro-biotic bacteria to improve the gut micro-biome which may help treat conditions currently managed with medications

Just 2 Tbsp (15 g) of milled flax a day can help you achieve these benefits for you, your family, residents in your home, and clients in your care. For more information and recipes, contact info@flaxflour.com

For medical advice consult your physician, dietitian, and/or alternative health care provider.



Is being regular really “as easy as eating”?

Why not give flax a try?

- Mix milled flax into cold cereal
- Stir into hot oatmeal or other cooked cereals
- Stir into fruit juice, yogurt or applesauce
- Sprinkle on toast and jam
- Blend into smoothies and shakes
- Bake into bread, pizza dough, cakes, cupcakes, muffins, cookies, pastries, and other baked goods

Freshly milled and sifted, Valley flax flour is stable for several months at room temperature. We recommend using our milled flax within 6 weeks of opening the bag. Otherwise, be sure to refrigerate the flax as soon as you receive it from your supplier so that it doesn't deteriorate from setting too long at room temperature.



6 kg of flax flour is equal to approximately 400 servings.

Ordering Valley flax flour from your food service supplier

To check out product codes for distributors that carry our products, please visit

<https://www.flaxflour.com/pages/health-care>

Contact Freeman Signature



Approximate nutrient analysis of flax

Brown and Golden milled flax are nutritionally equivalent.

Valley Kitchen brand flax flour is milled from Canadian, GMO free, gluten free, premium quality, clean, whole flax seeds. The flour is finely milled and sifted to remove any pieces of husk or whole seed that may be of concern to some people.

Moisture content standard: 6 to 8 %

Nutrient information is based on the nutrient profile provided by Medallion Laboratories for the Flax Council of Canada, April 1997.

Nutrient	Approximate content	
	15 g (~2 Tbsp)	100 g (~1 cup)
Calories	70 Kcal	465 Kcal
Total fat	6 g	37 g
Saturated fat	0.5 g	3.52 g
Trans fat	0	0
Polyunsaturated fat	4.0 g	25.4 g
Monounsaturated fat	1.0 g	8 g
Omega – 6	0.9 g	5.7 g
Omega – 3	3.0 g	20.7 g
Cholesterol	0	0
Sodium	0	27.0 mg
Potassium	125 mg	831 mg
Phosphorus	93 mg	622 mg
Total carbohydrates	6 g	36.4 g
Dietary fibre	4 g	27.6 g
Soluble fibre	1 g	9.2 g
Insoluble fibre	3 g	18.4 g
Sugars	0 g	1.05 g
Protein	3.0 g	19.7 g
Vitamin A	0 %	0
Vitamin C	0 %	0.530 mg
Calcium	3 %	236 mg
Iron	9 %	5.40 mg

The low net carb, high fibre content of flax makes it an idea diabetic food. It is also a perfect food for the keto diet.

Source of omega-3 fatty acids

Low in net carbs

High in fibre

20 % protein



Allergen declaration

We purchase Canadian only, GMO free, and gluten free, flax, buckwheat, oats, and corn for processing in our facility.

Our ingredients are guaranteed by our suppliers to be free of all priority allergens. To ensure the integrity of our allergen free declaration, we maintain an allergen-controlled production area, as indicated below.

Whole brown or golden flax seeds; processed flax seeds / flax meal / flax flour / flax powder

	1	2	3	4	5
Allergenic component	Present in the product including flavorings, seasonings and spices	Present in other products manufactured on the same line.	If Yes in column 2, are protocols in place to mitigate risk of cross-contamination?	Present in the same manufacturing facility.	If Yes in column 4, are protocols in place to mitigate risk of cross-contamination?
	Yes/No	Yes/No	Yes/No	Yes/No	Yes/No
Peanuts	No	No	NA	No	NA
Peanut oil	No	No	NA	No	NA
Tree nuts	No	No	NA	No	NA
Sesame seeds/oil	No	No	NA	No	NA
Mustard seeds/oil	No	No	NA	Yes**	Yes**
Milk and derivatives	No	No	NA	Yes***	Yes***
Eggs or egg products	No	No	NA	Yes**	Yes**
Fish	No	No	NA	No	NA
Shellfish & crustaceans	No	No	NA	No	NA
Soy	No	No	NA	Yes**	Yes**
Wheat/gluten	No	No	NA	No	No
Sulphites	No	No	NA	No	NA

Yes** = Staff lunchroom only

Yes*** whey powder, as well as whey and casein protein isolates are used in several specialty mixes

Why should flax be part of your health care routine?

1. In North Queens Nursing Home, where the program using flax flour for natural bowel care originated, there was an 80 % reduction in the number of residents requiring pharmaceutical interventions for bowel care.
2. This resulted in reduced nursing time required to manage resident bowel care, increased resident control over their own bowel care, and reduced pharmaceutical costs.
3. ***Many residents personally vocalized their appreciation and positive feelings about flax. Residents were pleased they did not require as many pharmaceuticals to help regulate their bowels.***
4. Less than 30 % of the residents required any pharmaceutical treatment for bowel care over a three-year period.
5. The program resulted in a cost saving of approximately \$4.55 / resident / month in the 44-bed facility (1998).

Statistics on flax use in Nursing Homes

- A survey of Nova Scotia nursing homes using flax flour, in 2000, indicated a reduction in the use of laxatives, suppositories and enemas in the range of 60 to 80%.
- Approximately 74% of the residents in the surveyed nursing homes were consuming flax flour.
- Increasing the fibre intake using flax flour resulted in a 66% increase in the number of bowel movements per week, prompting the Administrator to ask: “How much more toilet paper are we using?”
- 73% of the study participants reduced the amount of bowel medications required while on the study.
- 75% of the residents consuming flax flour had soft, formed, medium size stools during the program.





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.

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.

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



How can I add flax to our menu?

- Kick out the Bran

Just get rid of the bran, that harsh, dry, fibrous, insoluble, cheap, useless bowel plugging filler. Yes, milled flax will cost you more, but it also gives you and your clients so many more benefits. See “Why do we love flax?” previously in this document to more fully appreciate why we recommend flax above simple fiber sources such as fluid soluble fibers and dry insoluble fiber sources. Nothing out-performs flax!

But knowing how to use flax is important too.

- Rule of Thumb

If you are substituting out bran, simply substitute in the milled flax.

When adding milled flax to a recipe, increase the liquid by an amount equal to the volume of flax you are adding. For example, if you are adding flax flour to a recipe which makes 12 servings, add $\frac{3}{4}$ cup of flax flour and an additional $\frac{3}{4}$ c of liquid. This will help to maintain the consistency of the dough or batter and provide 1 Tbsp of flax per serving.

- Substitute for Eggs

Using flax flour to replace egg is a simple and effective way to replace eggs in some recipes. Mix 15 ml (1 Tbsp) of flax flour in 45 ml (3 Tbsp) of warm water and let it set for a couple minutes. This mixture will replace one egg.

- Flax Gel using milled, sifted flax seeds

2 Tbsp of milled flax

$\frac{1}{2}$ cup boiling water

$\frac{1}{2}$ cup of apple sauce, pudding, or yogurt

In a cup, or small bowl, pour the boiling water over the flax flour. Set aside for 2 – 3 minutes. Stir. Mix the flax flour gel with apple sauce or yogurt.

If you are using this formulation to relieve constipation, repeat 3 times a day until constipation resolves. Once the constipation has resolved, move the client on to the flax-for-fibre regime, so they regularly receive a blend of both soluble and non-soluble fibre and the other benefits associated with the regular use of flax.

Using flax gel is not intended to replace anti-constipation medication, when these products are required.



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.





RECIPES

Combining Pre & Pro Biotics

When we're not going regularly, we are not feeling our best! There has been evidence, for quite a while, that some of our dietary and medical choices can damage the bacteria in the gut. So, for the past several years, nurses, nutritionists, and physicians have been promoting the use of probiotic tablets and probiotic foods to help keep our digestive track healthy.

Recently, there is mounting evidence that probiotic foods including bioactive yogurt, kefir, sauerkraut, kimchi, soft cheese, and other fermented foods, provide benefit to our digestion, especially if we have been on anti-biotics or experiencing digestive disorders.

However, as live organisms, probiotics need a food source in the gut. This is where the prebiotic foods, including milled flax seeds, berries, onions, garlic, apples, and bananas come in to play.

Prebiotic foods, which many of us already eat every day, provide the fibre which is the food source for these friendly bacteria.

Flax in bio-active yogurt or applesauce – Med-pass

In some homes, care assistants find offering flax during med-pass to be more effective and more likely to ensure that all residents receive an equal portion every day. As a result, flax is added to applesauce or yogurt. This can be particularly effective if used with bio-active yogurt. Flax is an excellent pre-biotic.

This simple, delicious blend combines prebiotic flax with probiotic yogurt to help the digestive tract function without the need for medications.

Yield: 25 servings of 1/4 cup each

Bio-active yogurt	3 cups
Golden flax flour	3 cups

There are 2 Tbsp of flax in every 1/4 cup serving of this recipe.

Blend the ingredients thoroughly and serve in a bowl or med-pass cup.

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.



Prune Puree

Yield: 150 to 200 servings

Flax flour	8 cups
Water	6 cups
Prune juice (or other fruit juice)	6 cups
Prune puree	5 cups

Combine all ingredients. Mix to blend. Refrigerate.

Serve 2 to 3 Tbsp

This puree mixture can be served by placing a scoop of it in a bowl and topping it with hot cereal, blending it into the cereal, or providing it directly from a spoon or med cup.

Yield 2 cups

Flax flour	$\frac{2}{3}$ cup
Water	$\frac{1}{2}$ cup
Prune juice (or other fruit juice)	$\frac{1}{2}$ cup
Prune puree	$\frac{1}{3}$ cup

Mix all together until blended. Refrigerate.

Fruit Lax

Yield: 2 $\frac{1}{2}$ cups (10 x $\frac{1}{4}$ cup servings)

Fruit juice or water	500 ml	2 cups
Prunes, pitted	20	
Flax flour	170 ml	$\frac{2}{3}$ cup

In a blender, puree all ingredients together until smooth. Refrigerate. Very tasty as is or stir in $\frac{1}{4}$ cup of this thick puree into hot cereal, apple sauce, yogurt, or pudding.



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	Valley Kitchen 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</i> 180 ml (3/4 cup) prune puree	
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 - 450 g	white wheat flour	2 - 3 cups
65 - 125 g	whole brown flax seeds (optional)	1/4 - 1/2 cup



- Mix the hot water with salt, sugar, yeast, and flax flour. Beat with a handheld or countertop mixer for 2 minutes.
- Add 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 15 minutes or until the dough is active.
- Continue mixing with additional white flour until the dough is smooth and soft but not too sticky. The flax will make the dough retain some stickiness.
- Lightly flour a bowl, add the dough, cover, and set in a warm place for 10 to 20 minutes.
- Lightly oil a large bread pan.
- Turn the dough onto a well-floured counter.
- Shape the dough into a large loaf, place in the pan, and leave to rise in a warm place. If making multiple loaves, weight about 1250 g / 2 ¾ lb raw dough per loaf.
- 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 whole flax seeds at step 5 for texture and wholesome appearance.



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 - 450 g	white wheat flour	2 - 3 cups



1. Mix the hot water with salt, sugar, yeast, and flax flour. Beat with a handheld or countertop mixer for 2 minutes.
2. Add 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.
3. Cover and set in a warm place to rest for 10 to 15 minutes or until the dough is active.
4. Continue mixing with additional white flour until the dough is smooth and soft but not too sticky. The flax will make the dough retain some stickiness.
5. Lightly flour a bowl, add the dough, cover, and set in a warm place for 10 to 20 minutes.
6. Lightly oil a large bread pan.
7. Turn the dough onto a well-floured counter.
8. Shape the dough into a large loaf, place in the pan, and leave to rise in a warm place. If making multiple loaves, weight about 1200 g / 2 2/3 lb raw dough per loaf.
9. Preheat the oven to 350°F.
10. Bake for 50 to 55 minutes.
11. Cool on a rack for 10 to 15 minutes. Then remove from the loaf pan to finish cooling.



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.

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.





Breakfast

Flax in Hot and Cold Cereals – General Guidelines

Offer 1 to 2 Tbsp (15 to 30 ml) of flax flour, per serving, with hot or cold cereal.

Flax flour can be added successfully to all hot cereals, including whole rolled oats, oatmeal, cream of wheat, corn meal, and rice cereal.

Hot cereal, especially oatmeal, will be sticky if the cereal sits too long with the flax flour in it. This is the result of the moist heat dissolving the soluble fibre in both the oatmeal and the flax flour.

When using flax flour in hot cereal, add it as close to serving time as possible.

When using flax flour in hot cereal, add it as close to serving time as possible, after the cereal has been fully cooked.

If necessary, adjust the consistency of the cereal by adding more water to thin, or flax flour to thicken.

When adding flax flour to dry cereal, spoon 1 – 2 Tbsp of flax flour on dry cereal, give it a shake or stir, and add milk.

Flax flour absorbs a lot of liquid. Provide extra milk or water when offering hot or cold cereal with flax flour.



Flax in oatmeal – bulk recipe

Light in color, golden flax flour is the most popular choice for adding into oatmeal.

Ingredients

Yield	25 Servings of ½ cup each	50 servings of ½ cup each
water	10 ½ cups	21 cups
oatmeal	3 cups	6 cups
salt (optional)	2 tsp	4 tsp
flax flour	3 cups	6 cups



Instructions

1. Bring the water to the boil.
2. Stir in the oatmeal and salt. Cook as required.
3. Hold for service.
4. Just prior to service, stir in the flax flour.

Hot Cereal

Yield: 1 serving

water	¾ 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.



Oatmeal for purees and small eaters

Borrowed, with appreciation, and modified from the original

There are 280 calories, 3 g of fibre, 2 g omega-3 fatty acids and 7 g of protein in every ½ cup serving of this power cereal.

Ingredients

Yield	4 servings; ½ cup each	48 servings; ½ cup each
water	1 cup	12 cups
oatmeal	½ cup	6 cups
cinnamon	¼ tsp	3 tsp
skim milk powder	½ cup	6 cups
whipping cream, 35% mf	½ cup	6 cups
vegetable oil	2 Tbsp	1 ½ cup
Valley Kitchen golden flax flour	¼ cup	3 cups



Instructions

1. In a medium size pot, combine the water and oatmeal. Whisk in the cinnamon, skim milk powder, whipping cream, and vegetable oil.
2. Bring to the boil and cook, whisking occasionally, for 4 to 5 minutes.
3. Remove from the heat and stir in the flax flour.
4. Serve with fruit flavoured bio-active yogurt or a light sprinkle of brown sugar.

Notes

This cereal forms a cohesive bolus acceptable for puree diets. It is energy dense, great for small eaters. This cereal is a good choice for people who cannot eat a large portion.

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	Valley Kitchen brown or golden flax flour	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.





Snacks and Meals

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	Valley Kitchen gluten free whole rolled oats	1	cup
125	ml	chocolate chips, dairy free	1/2	cup
125	ml	Valley Kitchen gluten free Flax Flour or Flax Powder	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.





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).
2. Add drained salmon / include bones; puree well.
3. Add egg, flax flour, herbs & spices. Mix well.
4. Melt a little butter in non-stick pan.
5. Drop salmon mixture by spoonful into hot pan.
6. Cook on one side until set & browned.
7. 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

Blueberry mini muffins for a Resident Activity

Activity directors sometimes find that residents enjoy making desserts for themselves, especially for a meal. Whether it is peeling carrots for a stew or stirring batter for a batch of muffins or cookies, residents are happy and very proud when they can boast to their table companions of having helped to make a part of the meal or snack.

Mini-muffins are easy to make and quick to bake. They provide a delicious small snack, or with a drop of icing, a sweet dessert. Here is one quick and easy idea!

Ingredients

Yield	30 muffins	60 muffins
white sugar	1 cup	2 cups
butter, softened	¼ cup	½ cup
large eggs	2	4
all-purpose wheat flour	1 cup	2 cups
flax flour	¾ cup	1 ½ cups
baking powder	2 tsp	4 tsp
salt	½ tsp	1 tsp
milk, 2%	½ cup	1 cup
frozen or fresh blueberries	2 cups	4 cups
all-purpose wheat flour	¼ cup	½ cup
white sugar	2 tsp	4 tsp



Instructions

1. Cream together the sugar and butter.
2. Add the eggs, one at a time, mixing well.
3. Measure together the wheat flour, flax flour, baking powder, and salt. Mix into the batter.
4. Add the milk.
5. In a separate bowl, gently mix the flour, sugar, and blueberries to coat the berries evenly.
6. Fold gently into the batter.
7. Fill 24 to 30 well-greased mini-muffin tins.
8. Bake in an oven preheated to 350°F for 12 to 15 minutes.
9. Cool for 5 minutes before removing from the pan.



Flax and oatmeal high fibre cookies

These delicious soft and chewy cookies are a great way to add fibre and enjoy a healthy snack.

Yield: 12 cookies

150 g	Valley Kitchen brown or golden flax flour	1 1/2 cup
250 ml	water, warm	1 cup
115 g	brown sugar	1/2 cup
250 ml	oatmeal	1 cup
5 ml	baking powder	1 tsp

optional

Add ½ tsp cinnamon or 1/4 cup of golden raisins or fine sweetened coconut



1. Preheat oven to 350° F.
2. Line 2 large baking sheets with parchment paper.
3. In a bowl, mix the flax flour and warm water.
4. In another bowl combine the oatmeal, brown sugar, baking powder, and optional ingredients.
5. Add the wet ingredients to the dry. Blend together thoroughly.
6. Scoop onto the parchment lined baking sheets. Flatten with a fork.
7. Bake for 15 to 20 minutes.
8. Remove from the oven, cool, and enjoy.



Flax Flour in Frozen Muffin Batter

Yield: 12 muffins

# 16 scoops muffin batter, thawed	10
Flax flour	$\frac{3}{4}$ cup
Juice or water	$\frac{3}{4}$ cup

Scoop the batter into a large bowl. Add the flax flour and juice or water. Stir to blend the ingredients. Scoop the batter into muffin cups and bake as per instructions.

Flax Flour in Dry Muffin Batter 1

Yield: 60 muffins

Muffin mix	2 kg
Flax flour	3 cups
Water	4 $\frac{1}{2}$ cups

Blend the ingredients. Scoop the batter into muffin cups and bake as per instructions. Add extra water as necessary to ensure the correct consistency to the batter.

Flax Flour in Dry Muffin Batter 2

Yield: 12 muffins

Muffin mix	450 g	3 $\frac{1}{3}$ cups
Flax flour	100 g	1 cup
Egg (if required)	1	1
Water	450 ml	1 $\frac{3}{4}$ cups
Mini chocolate chips (optional)	130 g	$\frac{3}{4}$ cup

- 1 Preheat oven to 200°C (400°F).
- 2 Combine commercial muffin mix with the flax flour, water, egg (if required), and chocolate chips (optional). Let sit for 1 minute.
- 3 Scoop into non-stick or paper lined muffin cups. Bake for 20 minutes.

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.



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



1. Preheat oven to 350°F.
2. Line 2 baking sheets with parchment paper.
3. Cream the butter and brown sugar.
4. Beat in the egg and vanilla.
5. Combine the all-purpose wheat flour, flax flour and baking powder.
6. Add the creamed mixture and chocolate chips to the flour mixture. Stir until completely blended.
7. Scoop the dough, about 2 Tbsp each, (#40 scoop) onto the lined baking sheets.
8. Bake for 12 to 14 minutes.
9. 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.

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.

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

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 2nd 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	Valley Kitchen flax flour	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.



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.



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

Prune Loaf

Yield: 1 large loaf

500	ml	all-purpose wheat flour	2	cups
180	ml	brown or golden flax flour	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.

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.