



*food solutions with health & lifestyle benefits*

# Health Care Recipes Using Flax Flour and Flax Powder







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# INTRODUCTION

Increasing fibre in the diet by offering wholesome foods for meals, snacks, and activities within a home care environment is essential to every quality care plan. Ask our professional staff at Valley Flaxflour to help you plan, implement, and maintain your Natural Bowel Care Program using the benefits of milled flax flour.

Freshly milled and sifted, Valley Flax Flour and Powder are 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 it doesn't deteriorate from setting too long at room temperature.

## Focused on Quality and Food Safety

At Valley Flaxflour, we ensure the quality and food safety of all the products we manufacture and distribute. We are committed to continuous improvement, which is measured, evaluated, and validated for effectiveness through internal and external audits.

Valley Flaxflour is customer focused in providing superior quality products and services, ensuring the food we supply is manufactured to the very highest standards using quality ingredients.

For product support and purchasing please contact



National Marketing and Sales Agent  
[service@freemancan.com](mailto:service@freemancan.com)  
 888-641-2040 ext. 1

For additional recipes and program resources



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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 said: "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



VALLEY FLAXFLOUR LTD  
1-866-825-8256  
info@flaxflour.com  
www.flaxflour.com



Would you like to order Valley flax flour from your food service supplier?

To check out product codes for distributors that carry our products, please go to <https://www.flaxflour.com/pages/health-care>

Are you looking for nutritious gluten free ingredients that don't require a cupboard full of gums and starches?

Check out the Valley Kitchen gluten free All-purpose Flour, complete Bread Mix, and Pancake Mix at <https://www.flaxflour.com/pages/recipes>

Here you will find dozens of easy-to-follow recipes developed and tested by our Chef/Dietitian.

## 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:

- Reduce LDL cholesterol
- Lower blood pressure
- Control blood sugar
- Promote regularity
- Help prevent colon and rectal cancer
- Reduce the incidence of obesity
- Feed pro-biotic bacteria for good GI health

## It's as easy as eating!

To review current research and general information about flax, visit [www.flaxresearch.com](http://www.flaxresearch.com) and [www.flaxcouncil.ca](http://www.flaxcouncil.ca)

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

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](mailto:info@flaxflour.com)

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

## Why should flax be part of your health care routine?

### Here are some study results

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 voiced 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.



For more results, visit:

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

## Nothing out-performs flax!

You can just get rid of the bran, that harsh, dry, fibrous, insoluble, bowel plugging filler. Milled flax 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.

Knowing how to use flax is important

### Substituting for Bran

If you are substituting flax for bran, simply remove the bran and add in the milled flax. Flax may require a slight reduction of liquid in the recipe.

### Adding flax to a recipe

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 maintain the consistency of the dough or batter and provide 1 Tbsp of flax per serving. I also increase the leavener by  $\frac{1}{2}$ , so 2 tsp becomes 3 tsp.

### Making Flax Gel

Mixing flax in a hot liquid forms a gel. As the soluble fiber heats and starts to dissolve, the product you're making to become gummy, not pleasant. This is why you should add flax flour or powder after cooking oatmeal or cream of wheat.

This, however, when you want to make flax gel as a substitute for egg.

### 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. Stir occasionally. This mixture will replace one egg.

## Is being regular really “as easy as eating”?

YES!

You can simply

- 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

### How much flax is in a 6 kg bag?

6 kg of flax flour is equal to approximately 60 cups or 400 x 15 g (2 Tbsp) servings.

Your cost is approximately \$ 0.15/day per serving!

### Storage

Store flax in a dry, cool environment.

For prolonged storage, refrigerate or freeze.

Use an opened bag of flax within 6 weeks.





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 fibre which is the food source for these friendly bacteria.

### When the going gets hard

There are times when the bowels just refuse to cooperate with the mind's desire. Two, three or even four days after the last bowel movement, the dietary staff may find out from nursing that one of the residents has been having difficulty with bowel movements or has not had a movement for several days.

Stewed prunes are often the food of choice for senior residents. Five or six prunes should be heated in water to stew them and then cooled before serving. These should be offered 3 to 5 times throughout the day until the bowels move.

Some types of fruit are very effective laxatives. Your resident may have a favorite fruit. These may include grapes, bananas, dates, prunes. They may respond to flax seed jell, so be sure to bring the resident in on any possible solution.

Ensure that the resident is receiving adequate fluid.

If exercise is possible, ensure that the resident is moving. Even getting up to sit at a table for a meal can be enough to help stimulate peristaltic activity.

On-time toileting is also important. Retaining feces can often lead to hard stools. Ensuring residents have timely access to the toilet can help evacuate the colon before constipation starts.

# All day recipes



Quick and Easy

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## COLD CEREAL

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Yield: 1 Serving

### Ingredients

- 1 cup of your favorite cereal
- 2 - 3 tbsp of Valley Kitchen flax powder or flax flour
- Optional add milk, sugar or fruit

### Directions

- Simply sprinkle 2 to 3 tbsp of Valley Kitchen flax powder over your favorite cold cereal and stir.
- Add milk, sugar, or fruit, as desired.



## APPLE SAUCE AND PROBIOTIC YOGURT

### Portion controlled delivery

Yield: 1 Serving

### Ingredients

- 1 cup of applesauce or probiotic yogurt
- 2-3 tbsp of Valley Kitchen flax powder

Med-pass; Flax in bio-active yogurt or applesauce.

### Directions

1. Top 1 cup of applesauce or yogurt with 2 to 3 tbsp of Valley Kitchen flax powder.
2. Add your favorite sweetener, and sprinkle with cinnamon. Whisk or fold the ingredients together and serve.

In some homes, care assistants find offering flax during med-pass to be more effective and more likely to ensure residents receive extra fibre 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.



## MEAL ENHANCEMENT BEVERAGES

Fruit Juice, Instant Breakfast Powder  
and other common nutritional supplements

Yield 1 serving

### Ingredients

- 10 g Valley Kitchen flax powder 5 tsp (this is 1 Individual Portion of Valley Kitchen Flax Powder)
- 250 ml breakfast drink of choice.

### Directions

1. Combine all ingredients in a glass or shaker. Mix to blend.



# PRUNE FLAX PUREE/FRUIT LAX

A double whammy!

Yield 4 servings - Serving size 50 ml



## Ingredients

- 1/3 cup water or juice of choice
- 140 g or 1 cup of bite size pitted prunes  
OR 140 g ( 3/4 cup ) prune puree
- 70 g or 2/3 cup of Valley Kitchen flax flour or flax powder.

## Directions

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

## Additional Information

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

Or place a serving in a bowl and mix it with cooked oatmeal, applesauce, yogurt, or pudding.

This recipe provides prebiotic fibre. Add 1 cup of probiotic yogurt or kefir for probiotic benefits.

Nutrition Facts	
Valeur nutritive	
Per serving (80 ml / 1/3 cup)	
Par portion (80 ml / 1/3 tasse)	
<b>Calories</b> 100	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	5 %
<b>Glucides</b> 13 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 4 g	
<b>Protein / Protéines</b> 4 g	
<b>Cholesterol / cholestérol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
Potassium 225 mg	5 %
Calcium 40 mg	3 %
Iron / Fer 2 mg	12 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> .	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b> .	

# HOT OATMEAL PORRIDGE

A hearty, warm breakfast



## Nutrition Facts

### Valeur nutritive

Per serving (250 ml / 1 cup)  
Par portion (250 ml / 1 tasse)

<b>Calories</b> 124	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 7 g	0 %
Saturated / saturés 1 g	0 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	6 %
<b>Glucides</b> 15 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 5 g	
<b>Cholesterol / cholestérol</b> 0 mg	
<b>Sodium</b> 10 mg	0 %
Potassium 119 mg	3 %
Calcium 44 mg	3 %
Iron / Fer 2.4 mg	13 %

\*5% or less is a little, 15% or more is a lot.  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup.

Both flax and oats contain soluble fibre. Over cooking, or too much stirring, can cause the cereal to become gummy.

Yield: 1 Serving

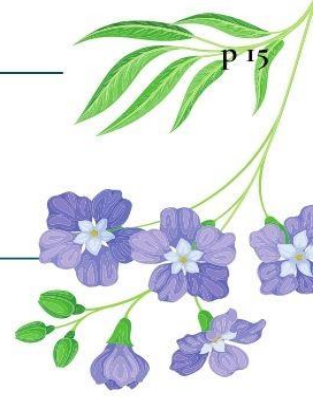
## Ingredients

- 1 cup of water
- 2 tbsp of your favorite hot cereal, rolled oats, oatmeal, cream of wheat.
- a pinch salt
- 2 tbsp of Valley Kitchen flax flour or flax powder

## Directions

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

# OATMEAL FOR PUREES AND SMALL EATERS



A hearty, warm breakfast  
for folks who don't eat a lot



Yield: 4 Servings

## Ingredients

- 375 ml or 1 1/2 cups of water
- 60 g or 1/2 cup of oatmeal
- 1 ml or 1/4 tsp of cinnamon
- 35 g or 1/2 cup of skim milk powder
- 125 ml or 1/2 cup of whipping cream 35%
- 30 ml or 2 tbsp of vegetable oil
- 24 g or 1/4 cup of Valley Kitchen flax powder

## Directions

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, occasionally whisking, for 4 to 5 minutes.
3. Remove from the heat and stir in the flax powder.
4. Serve with a light sprinkle of brown sugar.

### Nutrition Facts

#### Valeur nutritive

Per serving (180 ml / 3/4 cup)

Par portion (180 ml / 3/4 tasse)

Calories 280	% Daily Value*
% valeur quotidienne*	
<b>Total Fat / Lipides</b> 22 g	28 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0 g	
<b>Total Carbohydrate / Glucidés</b> 18 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 7 g	
<b>Cholesterol / cholestérol</b> 35 mg	
<b>Sodium</b> 60 mg	3 %
Potassium 225 mg	5 %
Calcium 150 mg	12 %
Iron / Fer 1.5 mg	9 %

\*5% or less is **a little**, 15% or more is **a lot**.

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**.

# CREAM OF WHEAT

Some people prefer this creamy smooth alternative to oats



Yield: 1 serving

## Ingredients

- 1 1/2 cups of water or milk
- 3 Tbsp Cream of Wheat, quick
- 2 Tbsp Valley Kitchen flax flour or powder

## Directions

1. Pour the milk and water into a saucepan or pot. Add the uncooked cream of wheat cereal mixing to combine.
2. Turn on the heat to medium high and bring it to a boil, whisking frequently, to keep lumps from forming. Reduce the heat to a simmer and cook for 1-2 minutes, just until the cereal thickens.
3. Stir in the flax.
4. Optional. Add the butter, salt and sugar to taste and serve warm.

### Nutrition Facts

#### Valeur nutritive

Per serving (1 serving)

Par portion (1 portion)

Calories 180	% Daily Value*	% valeur quotidienne*
<b>Total Fat / Lipides</b> 7 g	8 %	
Saturated / saturés 0.5 g	3 %	
+ Trans / trans 0 g		
<b>Total Carbohydrate / Glucidés</b> 30 g		
Fibre / Fibres 5 g	18 %	
Sugars / Sucres 0 g		
<b>Protein / Protéines</b> 6 g		
<b>Cholesterol / cholestérol</b> 0 mg		
<b>Sodium</b> 10 mg	1 %	
Potassium 150 mg	3 %	
Calcium 230 mg	18 %	
Iron / Fer 10.5 mg	59 %	

\*5% or less is a little, 15% or more is a lot.

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup.

WOW! Look at iron in this!



# PANCAKES

## A Quick and Easy Breakfast Favortite



Yield; 8 pancakes

### Ingredients

- 315 ml water 1 1/4 cups
- 50 g Valley Kitchen flax flour 1/2 cup
- 2.5 ml cinnamon 1/2 tsp
- 30 ml apple sauce 1/8 cup
- 250 ml buttermilk pancake mix 1 cup
- vegetable oil for the griddle, as required.

### Directions

1. Measure all ingredients into a bowl.
2. Mix to blend.
3. Heat and lightly oil the griddle.
4. Ladle 1/4 cup (60 ml) onto the hot griddle. Flip when the bottom is firm and the top is bubbly.

For an attractive nutritious meal, serve with fruit, bioactive yogurt, and syrup.

### Nutrition Facts

#### Valeur nutritive

Per serving (1 pancake)

Par portion (1 crêpe)

Calories 100	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 4 g	5 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans g	
<b>Total Carbohydrate</b>	6 %
<b>Glucides</b> 15 g	
Fibre / Fibres 3 g	9 %
Sugars / Sucres 3 g	
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / cholestérol</b> 0 mg	
<b>Sodium</b> 180 mg	8 %
Potassium 100 mg	2 %
Calcium 75 mg	6 %
Iron / Fer 1.5 mg	8 %

\*5% or less is a little, 15% or more is a lot.

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup.



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# SCRAMBLED EGGS

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No more weepy eggs



## Nutrition Facts

### Valeur nutritive

Per serving (1/6 of batch)

Par portion (1/6 du lot)

Calories 190	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 14 g	18 %
Saturated / saturés 3 g	16 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	
<b>Glucides</b> 5 g	2 %
Fibre / Fibres 3 g	9 %
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 13 g	
<b>Cholesterol / cholestérol</b> 340 mg	
<b>Sodium</b> 310 mg	14 %
Potassium 175 mg	4 %
Calcium 50 mg	5 %
Iron / Fer 2.25 mg	13 %

\*5% or less is **a little**, 15% or more is **a lot**.

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**.

Yield; 6 servings

## Ingredients

- 1/2 cup Valley Kitchen flax powder or flour
- 250 ml milk or water 1 cup
- 12 eggs, large
- salt & pepper to taste
- vegetable oil for the pan

## Directions

1. Measure the flax into a mixing bowl.
2. Whisk in the water/milk. To increase the nutrient density of this dish, substitute light cream.
3. Whisk in the eggs. Season.
4. Spray the pan with oil.
5. Heat. Pour in the egg mixture.
6. Cook the eggs, stirring frequently with a stiff spatula.
7. Serve warm.



# EGG WRAP

A Special Treat any time of day



Yield; 1 serving

## Nutrition Facts

### Valeur nutritive

Per serving (1 egg wrap)

Par portion (1 wrap aux œufs)

Calories 200	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 17 g	22 %
Saturated / saturés 5 g	24 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	
<b>Glucidés</b> 4 g	1 %
Fibre / Fibres 2 g	7 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 10 g	
<b>Cholesterol / cholestérol</b> 185 mg	
<b>Sodium</b> 540 mg	24 %
Potassium 125 mg	3 %
Calcium 150 mg	11 %
Iron / Fer 1.5 mg	8 %

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\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**.

## Ingredients

- 1 egg
- 2 Tbsp Valley Kitchen flax powder
- 2 Tbsp cheese, grated
- fresh herbs - chives, thyme, basil to taste
- salt and pepper to taste
- 1 tsp vegetable spray oil for the pan

## Directions

1. In a small bowl, combine the egg and flax powder.
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 salsa.



# USING FLAX IN COMMERCIAL DRY MUFFIN MIX

Not from scratch  
but still darn good!



## Ingredients

- 3 1/3 cups Muffin Mix
- 1 cup Valley Kitchen flax flour
- 1 egg (optional)
- 1 3/4 cups water
- 3/4 cup Mini chocolate chips (optional)

## Directions

1. Preheat oven to 350°F
2. Combine commercial muffin mix with the flax flour, water, egg (if required), and chocolate chips (optional)
3. Let sit for 1 minute.
4. Scoop into non-stick or paper lined muffin cups.
5. Bake for 20 minutes.

Due to the variety of dry muffin mixes available,  
a Nutrient Facts Table is not available for this product



# ALL BRAN MUFFINS

So much better with flax

Yield 12 servings

## Ingredients

- 1 cup brown sugar
- 1 cup All bran cereal
- 1 cup Valley Kitchen flax flour
- 1 cup all-purpose flour
- 4 tsp baking powder
- 2 eggs, large
- 1 1/4 cups milk, 2%
- 2/3 cup raisins (optional)



## Directions

1. In a large bowl, combine the brown sugar, all-bran cereal, flax flour, all-purpose flour, and baking powder. Whisk to blend.
2. Mix in the eggs and milk to make a batter.
3. Stir in the raisins.
4. Scoop into oiled muffin tins and bake at 350°F for 23 to 25 minutes.
5. Cool in the tins for about 5 minutes and then turn out onto a wrack to complete cooling.

### Nutrition Facts

#### Valeur nutritive

Per serving (1 muffin)

Par portion (1 muffin)

Calories 190	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 5 g	7 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	
<b>Glucidés</b> 34 g	12 %
Fibre / Fibres 4 g	13 %
Sugars / Sucres 41 g	
<b>Protein / Protéines</b> 5 g	
<b>Cholesterol / cholestérol</b> 30 mg	
<b>Sodium</b> 150 mg	7 %
Potassium 175 mg	4 %
Calcium 200 mg	15 %
Iron / Fer 2.5 mg	13 %

\*5% or less is **a little**, 15% or more is **a lot**.

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**.



# Blueberry Mini Cupcakes

This is a fun resident activity.  
Let's bake together!



Yield; 24-30 mini cupcakes

## Ingredients

- 1 cup white sugar
- 1/4 cup butter, softened or margarine
- 2 large eggs
- 1 cup all-purpose wheat flour
- 3/4 cup Valley Kitchen flax flour
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 2 cups frozen or fresh blueberries
- 1/4 cup all-purpose wheat flour
- 2 tsp sugar

## Directions

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

### Nutrition Facts

#### Valeur nutritive

Per serving (1 cupcake)

Par portion (1 petit gâteau)

		% Daily Value*
		% valeur quotidienne*
<b>Calories</b> 90		
<b>Total Fat / Lipides</b> 3 g		4 %
Saturated / saturés 0.4 g		2 %
+ Trans / trans 0 g		
<b>Total Carbohydrate</b>		5 %
<b>Glucidés</b> 14 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 8 g		
<b>Protein / Protéines</b> 2 g		
<b>Cholesterol / cholestérol</b> 10 mg		
<b>Sodium</b> 50 mg		2 %
Potassium 50 mg		1 %
Calcium 40 mg		3 %
Iron / Fer 0.75 mg		4 %

\*5% or less is **a little**, 15% or more is **a lot**.

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# BANANA CHOCOLATE CHIP CUPCAKES

Yield 12 large or 30 mini cupcakes

## Ingredients

- 1 egg
- 1 cup milk
- 3/4 cup sugar, white
- 3 bananas, mashed
- 1 tsp vanilla
- 1 cup Valley Kitchen flax flour
- 1 cup white flour
- 1 cup whole wheat flour
- 1 Tbsp baking powder
- 1/2 cup chocolate chips



## Directions

1. In one bowl, mix the egg, milk, sugar, bananas, and vanilla.
2. In another bowl, mix the flax flour, white flour, whole wheat flour, baking powder, and chocolate chips.
3. Combine the wet and dry ingredients; mix until just blended.
4. Scoop the batter into 12 nonstick or paper lined muffin cups; fill each cup full.
5. Bake at 350°F oven for 25 - 30 minutes, or until firm to the touch.

### Nutrition Facts

#### Valeur nutritive

Per serving (1 cupcake)

Par portion (1 petit gâteau)

Calories 250	% Daily Value*
% valeur quotidienne*	
<b>Total Fat / Lipides</b> 7 g	9 %
Saturated / saturés 2 g	9 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	
<b>Glucides</b> 46 g	17 %
Fibre / Fibres 6 g	22 %
Sugars / Sucres 23 g	
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / cholestérol</b> 15 mg	
<b>Sodium</b> 115 mg	5 %
Potassium 300 mg	6 %
Calcium 150 mg	11 %
Iron / Fer 2 mg	12 %

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# OATMEAL COCONUT COOKIES

A wholesome treat

Yield 24 cookies

## Ingredients

- 1/2 cup Valley Kitchen flax flour
- 1/2 cup brown sugar
- 3/4 cup milk or orange juice
- 1 egg
- 1 tsp vanilla
- 1/2 tsp baking soda
- 1/2 cup coconut
- 2 cups pure oat meal



## Directions

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

### Nutrition Facts

#### Valeur nutritive

Per serving (1 cookie)

Par portion (1 biscuit)

	% Daily Value*		% valeur quotidienne*
<b>Calories</b> 80			
<b>Total Fat / Lipides</b> 2.5 g	3 %		
Saturated / saturés 1 g	5 %		
+ Trans / trans 0 g			
<b>Total Carbohydrate</b>	5 %		
<b>Glucidés</b> 13 g			
Fibre / Fibres 1 g	5 %		
Sugars / Sucres 1 g			
<b>Protein / Protéines</b> 2 g			
<b>Cholesterol / cholestérol</b> 10 mg			
<b>Sodium</b> 40 mg	2 %		
Potassium 40 mg	1 %		
Calcium 20 mg	2 %		
Iron / Fer 1 mg	5 %		

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# CHOCOLATE CHIP COOKIES

A sweet treat everyone loves

Yield 18 cookies

## Ingredients

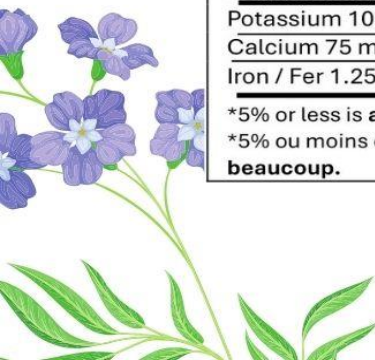
- 1/2 cup butter, room temperature
- 1/2 cup brown sugar
- 1 egg, large
- 1 tsp vanilla
- 3/4 cup all-purpose wheat flour
- 1/2 cup Valley Kitchen flax flour
- 2 tsp baking powder
- 1/2 cup chocolate chips



## Directions

1. Preheat the 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 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 sheet.
8. Bake for 12 to 14 minutes.
9. Cool on the pan for several minutes and then move to a rack to cool completely.

Nutrition Facts		Valeur nutritive	
Per serving (1 cookie)		Par portion (1 biscuit)	
<b>Calories</b> 200	% Daily Value*	% valeur quotidienne*	
<b>Total Fat / Lipides</b> 13 g	16 %		
Saturated / saturés 7 g	34 %		
+ Trans / trans 0 g			
<b>Total Carbohydrate</b>	8 %		
<b>Glucidés</b> 22 g			
Fibre / Fibres 2 g	6 %		
Sugars / Sucres 14 g			
<b>Protein / Protéines</b> 3 g			
<b>Cholesterol / cholestérol</b> 35 mg			
<b>Sodium</b> 70 mg	3 %		
Potassium 100 mg	2 %		
Calcium 75 mg	6 %		
Iron / Fer 1.25 mg	7 %		
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*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b> .			



# PEANUT BUTTER COOKIES

Always a favorite

Yield 20 cookies

## Ingredients

- 1/2 cup brown sugar
- 1 egg
- 1/2 tsp vanilla
- 1/2 cup peanut butter
- 1 cup Valley Kitchen flax flour
- 1/4 cup white flour
- 1/2 tsp salt
- 1/2 tsp baking powder



## Directions

1. Preheat the oven to 350°F
2. Beat together the sugar, egg and vanilla; blend in the peanut butter.
3. Combine the flax flour, all purpose flour, salt and baking powder. Mix with the wet ingredients.
4. Scoop 15 ml (1 Tbsp) and roll into a ball. Place on a non-stick baking sheet and flatten with a fork. Repeat with the remaining dough.
5. Bake for 12 minutes. Cool for 1 to 2 minutes and place on a cooling rack.

### Nutrition Facts

#### Valeur nutritive

Per serving (1 cookie)

Par portion (1 biscuit)

Calories 90	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 5 g	7 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	4 %
<b>Glucidés</b> 10 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 6 g	
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / cholestérol</b> 10 mg	
<b>Sodium</b> 130 mg	6 %
Potassium 100 mg	2 %
Calcium 50 mg	4 %
Iron / Fer 0.75 mg	5 %

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# APPLE CRISP

So delicious topped with ice cream

## Ingredients

- 6 cups apples
- nutmeg or cinnamon to taste
- 1/2 cup brown sugar
- 1/2 cup white flour
- 1/2 cup Valley Kitchen flax flour
- 1/2 cup oat meal
- 1/3 cup soft butter
- extra cinnamon to taste

Yield 12 servings

## Directions

1. Preheat the oven to 350°F
2. Wash, core and slice the apples into an oven proof baking dish. Sprinkle the apples with nutmeg or cinnamon (or both if you like).
3. In a bowl, mix the brown sugar, wheat flour, flax flour and oat meal.
4. Add the soft butter and rub until the butter is well blended with the flour.
5. Spread the flour mixture on top of the sliced apples. Sprinkle with extra cinnamon if you like. Press lightly.
6. Bake for 30 to 40 minutes or until the apples have soften.





# FLAX BREAD

Yeild; 1 large loaf (16 slices)



## Ingredients

- 2 cups water, heated to 48 to 54°C (120 to 130°F)
- 1 1/2 tsp salt
- 2 Tbsp sugar
- 2 tsp quick yeast
- 1 cup Valley Kitchen flax flour
- 1 cup whole wheat flour
- 2 cups white flour

## Directions

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

### Nutrition Facts

#### Valeur nutritive

Per serving (1 slice)

Par portion (1 tranche)

Calories 120	% Daily Value*
	% valeur quotidienne*
<b>Total Fat / Lipides</b> 3 g	4 %
Saturated / saturés 0.5 g	1 %
+ Trans / trans 0 g	
<b>Total Carbohydrate</b>	
<b>Glucides</b> 22 g	8 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	
<b>Protein / Protéines</b> 4 g	
<b>Cholesterol / cholestérol</b> 0 mg	
<b>Sodium</b> 220 mg	10 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %

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