



Cooking and Baking

with Valley Kitchen
Pancake & Cookie Mix

Information and RECIPES



For recipes and product information, visit www.flaxflour.com/pages/recipes

Another quality tested recipe from



to you

GLUTEN FREE



Table of Contents

- New recipes and products..... 4
- Our Guarantee 4
- Notes and Tips 4
- Replacing Eggs..... 4
- Pancake & Cookie Mix Overview 5
- Recipes** 6
- Pancakes 6
- Waffles 6
- Crispy Breaded Fish, Meat and Poultry 7
- Oatmeal Flax Chocolate Chip Cookies 8
- Double Chocolate Chip Cookies 9
- Cookies with Dried Fruit & Seeds 9
- Basic Muffins 10
- Cranberry Muffins 10
- Breakfast Muffins 11
- Pumpkin-Ginger Muffins 12
- Pumpkin-Spice muffins 13
- Zucchini Bread 16
- Lunchbox Fruit & Seed Bars 17

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

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.

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).

Notes and Tips

Replacing Eggs

- ♥ Using flax flour to replace egg is a simple and effect way to remove eggs from many recipes.
 - 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.

Pancake & Cookie Mix Overview

- A hearty, nutritious blend of flax, oats, buckwheat, and corn
- Easy to make: just add 1 egg and milk
- Source of omega-3 fatty acids, high in fibre, gluten free, sugar free
- Product of Canada freshly processed in our gluten free facility in Middleton, Nova Scotia

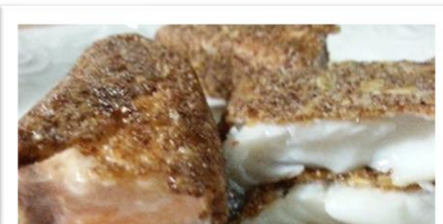


Valley Kitchen Pancake & Cookie Mix is a great for:

- Pancakes
- Cookies
- Muffins
- Bars
- Breading for fish, chicken, and pork cutlets



Recipes at: <https://www.flaxflour.com/pages/recipes>



Recipes

Pancakes

Yield: 2, 5-inch (13 cm) pancakes

	spray oil for the pan or griddle		
125 ml	Valley Kitchen Pancake & Cookie Mix	1/2	cup
1	large egg	1	
80 ml	milk	1/3	cup



1. Measure dry pancake mix into a small bowl.
2. Add the egg and milk.
3. Stir to blend.
4. Pour batter into one medium or two small, lightly oiled, hot frying pans, or ladle in two scoops onto a lightly oiled, hot griddle.

Turn when the edges of the pancakes appear to be set and bubbles are starting to show on the top.

Served with fruit, yogurt and syrup, these pancakes make a great start to the day.

Waffles

Yield: 2 servings (2 waffles per serving)

	spray oil for waffle iron		
180 ml	Valley Kitchen Pancake & Cookie Mix	3/4	cup
1	large egg	1	
160 ml	milk, 1 % or orange juice	2/3	cup



1. Spray the waffle iron with oil and heat.
2. Measure Valley Kitchen Pancake & Cookie Mix, egg and milk into a bowl. Mix to blend.
3. Scoop half of the batter, 2/3 cup, onto the waffle iron. Cook until done.
4. Repeat with the remaining batter.

The batter should spread slowly over the waffle iron.

If the batter is too thin, the waffle will not rise well. Add extra mix to thicken or extra milk to thin the batter, as required to produce the best result.

If you like crispy waffles, leave it on the waffle iron a couple extra minutes or dry in a toaster.

These are great to make ahead and reheat in a toaster.

Crispy Breaded Fish, Meat and Poultry

Yield: 4 servings

125 ml	Valley Kitchen Pancake & Cookie Mix	1/2 cup
15 ml	your favorite seasoning	1 Tbsp
454 g	fish, meat, or poultry	1 lb
15 ml	vegetable oil	1 Tbsp
15 ml	butter	1 Tbsp

1. Mix the Pancake & Cookie Mix with your favorite seasoning.
2. Sprinkle evenly onto a flat plate.
3. Heat the butter and oil in a large pan.
4. Cut the fish, meat, or poultry into serving size portions. Moisten with a light sauce, water, buttermilk, or yogurt. Press the damp portions into the seasoned flour. Turn over to season both sides.
5. Fry in hot butter/oil for about 2 to 4 minutes on one side, depending on the thickness of the portion. Turn over to the other side and finish cooking.
6. Serve immediately.



Alternative recipe

If you like an even crispier finish, try this time-honored procedure:

Set up 3 shallow bowls or plates large enough to hold the fish, meat, or poultry. In the first dish, place enough mix or flour to dry coat the fish, meat, or poultry. In the second bowl, crack one egg and whisk with 1 Tbsp of milk, buttermilk, yogurt, or water. In the third bowl, add your selected seasoning to enough pancake mix to coat the dredged product.

- Step 1 Place the product in the first dish to coat both sides. Shake off excess.
 Step 2 Dredge the dusted product in the egg mixture.
 Step 3 Coat the wet product with the seasoned mix. Press the mix onto the product.
 Step 4 Fry the seasoned fish, meat, or poultry in hot oil for about 2 to 4 minutes on one side, depending on the thickness of the portion.
 Step 5 Turn over to the other side and finish cooking.
 Serve immediately or hold in a warm oven until ready to serve.



Oatmeal Flax Chocolate Chip Cookies

Yield: 30 cookies

125 ml	Non-hydrogenated margarine or butter, room temperature	1/2	cup
125 ml	brown sugar	1/2	cup
125 ml	white sugar	1/2	cup
1	egg, large	1	
2.5 ml	vanilla	1/2	tsp
2.5 ml	baking soda	1/2	tsp
500 ml	Valley Kitchen Pancake & Cookie Mix	2	cups
125 ml	chocolate chips	1/2	cup



1. Preheat oven to 350°F.
2. Cream the butter and sugar.
3. Beat in the egg and vanilla.
4. Mix the baking soda with the Valley Kitchen Pancake & Cookie Mix and chocolate chips.
5. Using a stiff spatula, blend the dry mixture into the creamed mixture.
6. Scoop the dough, about 2 Tbsp each, (#40 scoop) onto non-stick ungreased baking sheets.
7. Bake for 13 minutes.
8. Cool on the pan for several minutes and then move to a rack to cool completely.



Double Chocolate Chip Cookies

Yield: 18 cookies

30 ml	butter, room temperature	2	Tbsp
125 ml	brown sugar	1/2	cup
1	egg, large	1	
5 ml	vanilla	1	tsp
125 ml	water, very warm	1/2	cup
25 g	sifted cocoa	1/4	cup
375 ml	Valley Kitchen Pancake & Cookie Mix	1 1/2	cups
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. Mix the cocoa with the Valley Kitchen Pancake & Cookie Mix.
6. Beat the dry mixture into the creamed mixture alternately with the water. Beat for a couple minutes. Stir in the chocolate chips.
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.

Cookies with Dried Fruit & Seeds

Yield: 12 cookies

500 ml	Valley Kitchen Pancake & Cookie Mix	2	cups
125 ml	brown sugar	1/2	cup
80 ml	dried cranberries, blueberries, or raisins	1/3	cup
60 ml	dry roasted sunflower seeds	1/4	cup
1	egg, large	1	
180 ml	orange juice or milk	2/3	cup
15 ml	orange zest	1	Tbsp
	spray oil		

1. Preheat the oven to 350°F.
2. Lightly spray 1 baking sheet with oil.
3. In a large bowl, measure and mix the Valley Kitchen Pancake & Cookie Mix, brown sugar, dried fruit of your choice, and sunflower seeds.
4. Add the egg, orange juice and orange zest. Stir until all of the ingredients are moist.
5. Scoop 3 Tbsp of the dough onto the baking sheet. Flatten with a fork. Repeat with the remaining dough.
6. Bake for 13 to 15 minutes.
7. Cool for a couple minutes before removing to a rack to cool completely.

These cookies are so quick and easy to make, kids will be able to make their own snack in minutes.

Basic Muffins

Yield: 12 large muffins (24 to 30 mini muffins)

750 ml	Valley Kitchen Pancake & Cookie Mix	3	cups
125 ml	white Sugar	½	cup
375 ml	milk, 1%	1 1/2	cups
2	large eggs	2	

1. Preheat oven to 350°F.
2. Lightly spray 12 non-stick muffin tins with oil.
3. Combine Valley Kitchen Pancake & Cookie Mix and sugar in a large bowl.
4. Mix in the milk and eggs until well combined.
5. Place mixture into the prepared muffin tins.
6. Bake for 23 to 25 minutes.
7. Remove to a rack to cool.

OPTIONS: Add ½ cup of chocolate or butterscotch chips, nuts, cheese, or raisins.

This is a delicious and very easy way to turn your pancake mix into a coffee time treat.

Cranberry Muffins

Yield: 12 large muffins

500 g	Valley Kitchen Pancake & Cookie Mix	3 1/4	cups
185 ml	granulated sugar	¾	cup
250 ml	dehydrated cranberries	1	cup
500 ml	milk or orange juice	2	cups
2	large eggs	2	
	spray oil		

1. Preheat the oven to 350°F.
2. Measure the Valley Kitchen Pancake & Cookie Mix, sugar and cranberries into a bowl. Make a well in the center.
3. Add the milk and eggs. Stir with a fork to break the eggs and blend the flour into the liquid.
4. Spray the non-stick muffin tins with oil.
5. Scoop batter into the muffin tins.
6. Place in pre-heated oven and bake for 25 minutes.

When baked, remove from the oven, cool for a couple minutes, and then lift out of the muffin tins and cool on a rack.

Breakfast Muffins

Yield: 12 large muffins

750	ml	 Valley Kitchen Pancake & Cookie Mix	3	cups
5	ml	baking powder	1	tsp
2.5	ml	baking soda	1/2	tsp
2.5	ml	black pepper	1/2	tsp
500	ml	buttermilk or kefir	2	cups
2		eggs, large	2	
45	ml	olive oil	3	Tbsp
30	ml	butter, melted	2	Tbsp
60	ml	green onion, chopped	1/4	cup
60	ml	bacon, chopped and cooked	1/4	cup
125	ml	peppers and onion, chopped and cooked	1/2	cup
125	ml	cheese, grated	1/2	cup



1. Preheat the oven to 400°F.
2. In a large mixing bowl, combine the Pancake Mix, baking powder, baking soda and black pepper.
3. Make a well in the middle and add the buttermilk, eggs, olive oil and butter. Mix to blend.
4. Fold in the green onion, bacon, peppers, onion and cheese.
5. Spray a set of large muffin tins with oil. Scoop the batter into the tins.
6. Bake for 25 to 30 minutes.
7. Cool for 5 to 10 minutes and then turn out onto a rack to finish cooling or serve warm.



Pumpkin-Ginger Muffins

Yield: 12 large muffins (up to 36 mini muffins)

500 g	Valley Kitchen Pancake & Cookie Mix	3 1/2 cups
250 ml	white sugar	1 cup
5 ml	baking soda	1 tsp
10 ml	pumpkin pie spice	2 tsp
5 ml	nutmeg	1 tsp
10 ml	cinnamon	2 tsp
2	large eggs	2
250 ml	pumpkin puree, pure	1 cup
10 ml	vanilla	2 tsp
310 ml	orange juice	1 1/4 cup
60 ml	candied ginger, finely chopped	1/4 cup
	cream cheese icing	

1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen Pancake & Cookie Mix, sugar, baking soda and spices. Mix.
4. Add the eggs, pumpkin, vanilla, orange juice and ginger.
5. Mix for a couple minutes until the batter ingredients are well blended.
6. Using an ice cream scoop, fill each muffin cup level full. This will take a rounded scoop in each cup.
7. Bake in the pre-heated oven for 25 to 27 minutes.

Cool and top with cream cheese icing.

This recipe can be made into 36 mini muffins; bake for 15 minutes.

Pumpkin-Spice muffins

The perfect companion for a warm cup of freshly brewed coffee or a spicy chi tea.
So moist and delicious!

Yield: 12 large muffins (up to 30 mini muffins)

195 g	Valley Kitchen gluten free Pancake & Cookie Mix	1 1/2 cups
225 g	white sugar	1 cup
5 ml	baking powder	1 tsp
5 ml	cinnamon	1 tsp
2.5 ml	cloves	1/2 tsp
2.5 ml	nutmeg	1/2 tsp
60 ml	vegetable oil	1/4 cup
125 ml	water	1/2 cup
375 ml	pumpkin puree, pure cream cheese icing	1 1/2 cup



Instructions

1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins or 30 mini muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen Pancake & Cookie Mix, sugar, baking powder, cinnamon, cloves, and nutmeg. Mix to blend.
4. Add the oil, water, and pumpkin.
5. Mix for a minute or 2, until the batter ingredients are well blended. You can mix by hand or use a counter-top mixer.
6. Using a scoop, fill each muffin cup level full.
7. Bake in the pre-heated oven for 30 to 33 minutes; minis bake for 20 to 22 minutes.

Cool and top with a dollop of cream cheese icing.



This is a one bowl recipe, ideal for young kids, quick to make and easy clean-up.

Banana Muffins

A kid friendly 1 bowl recipe.

Yield: 12 large muffins

3	bananas, mashed	3	
2	egg, large	2	
5 ml	vanilla	1	tsp
180 ml	milk or water	3/4	cup
625 ml	Valley Kitchen Pancake & Cookie Mix	2 1/2	cups
250 ml	sugar	1	cup
180 ml	chocolate chips (optional)	3/4	cup



1. Mash the bananas. Add the eggs, vanilla and milk. Mix well to blend.
2. Add the Valley Kitchen Pancake & Cookie mix, sugar and chocolate chips.
3. Mix with a large spoon until well blended.
4. Spoon the batter into oiled, non-stick muffin tins. Fill the tins very full.
5. Bake at 350°F for 25 to 27 minutes.

Cool for 10 minutes and remove from the tins to a cooling rack.





Date Squares

Yield: 1 pan, 9 x 9 inches

450 ml	dates	1 lb
180 ml	Valley Kitchen Pancake & Cookie Mix	3/4 cup
250 ml	brown sugar	1 cup
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 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 oat mixture on top of this.
7. Bake for 25 minutes or until edges are brown.

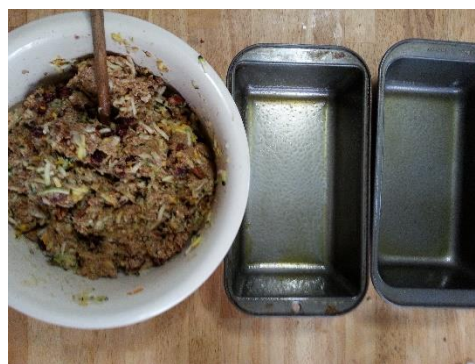
Zucchini Bread

Yield: 2 loaves (5 x 9 inch pans)

750	ml	Valley Kitchen Pancake & Cookie Mix	3	cups
325	ml	sugar	1 1/3	cups
10	ml	cinnamon	2	tsp
2.5	ml	ginger	1/2	tsp
1.25	ml	nutmeg	1/4	tsp
30	ml	baking powder	2	Tbsp
2		eggs, large	2	
10	ml	vanilla	2	tsp
180	ml	butter, melted	3/4	cup
1000	ml	zucchini, grated	4	cups
250	ml	pecans, chopped (optional)	1	cup
250	ml	cranberries, dried (optional)	1	cup



1. Turn the oven on to preheat at 350°F.
2. Prepare the baking pans by spraying generously with oil.
3. In a large mixing bowl, measure and whisk together the Valley Kitchen Pancake & Cookie Mix, sugar, cinnamon, ginger, nutmeg and baking powder.
4. Make a well in the centre and add the eggs, vanilla and melted butter.
5. Mix using an electric mixer until well blended. The batter will be chunky at this stage.
6. Add the zucchini, pecans, and dried cranberries.
7. Using a wooden spoon or spatula, mix the ingredients to make a moist batter.
8. Divide the batter evenly between the 2 pans. Smooth the top.
9. Bake the loaves for 50 minutes.
10. Cool for 8 to 10 minutes and then turn out onto a rack to finish cooling.



Lunchbox Fruit & Seed Bars

These school friendly snack bars are named for the girl who loved them so much she took them to school every day.

Yield: 21 bars

250	ml	dried fruit, sulfur free, chopped	1	cup
		try ½ c each cranberries and raisins		
250	ml	dry roasted seeds, non-salted	1	cup
		try ½ c each sunflower and pumpkin seeds		
2	ml	cinnamon	1/2	tsp
500	ml	gluten free oat meal	2	cups
80	ml	chocolate chips	1/3	cup
60	ml	Valley Kitchen Pancake & Cookie Mix	1/4	cup
80	ml	warm water	1/3	cup
5	ml	vanilla	1	tsp
60	ml	honey	1/4	cup



1. Preheat the oven to 350°F.
2. Lightly spray with oil an 8 x 8 inch baking pan and set aside.
3. In a large bowl, mix the chopped fruit, seeds, cinnamon, oat meal and chocolate chips.
4. In a small bowl, combine the Valley Kitchen Pancake & Cookie Mix with the warm water. Whisk in the vanilla and honey.
5. Combine the wet and dry ingredients. Mix.
6. Using a spatula, spread the mixture in the baking pan.
7. Bake for 18 to 20 minutes or until the edges are golden brown.
8. Let the bars cool before removing them from the pan.
9. Cut 3 x 7 to make 21 bars.
10. Store in an air tight container.

These hearty bars are sure to be a hit for between-meal treats or as a power snack while hiking.

Nut free