

*Family Favourites*

# Flax



Recipes and 'Healthful' Tips

## *About This Cookbook*

*Recipes in this book were developed by the George Weston Limited Sensory & Food Research Centre, Department of Foods and Nutrition at the University of Manitoba, the Flax Council of Canada, the Saskatchewan Flax Development Commission, and consumers like yourself.*

*Single Serving nutrient values accompany each recipe. Optional ingredients are not included in the analyses.*

*Nutrient analysis was conducted by H. Dzioba M.Sc (Nutr); College of Pharmacy and Nutrition, University of Saskatchewan, utilizing Nutritionist IV, Version 4.1 (First Data Bank, San Bruno, CA). Complete nutritional analysis is available upon request.*

*Recipes have been tested in metric and imperial measure. Use either in the recipe, not a combination of both.*

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Front cover photo clockwise from bottom left: Apple and Flax Pancakes – PG 33; Two-hour Buns – PG 36; Fruited Harvest Stuffing – PG 27; Farmland Flax Cookies – PG 40; Flax-topped Fruit Crisp with Lemon Cream – PG 46; Oven Fried Chicken – PG 15. Centre photo: Broccoli Salad – PG 11.

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## *Why eat flax?*

### **A host of health and nutritional benefits**

Flax seed has been consumed throughout history for its nutritional and health benefits. Flax is rich in alpha-linolenic acid (an essential omega-3 fatty acid), dietary fibre (soluble and insoluble), and plant lignans.

These components play a role in the maintenance and improvement of our general health. In fact, research indicates beneficial effects from including flax seed in the diet. Flax seed may help protect against coronary heart disease as well as breast and colon cancer. Flax seed can have a positive influence on a host of other health concerns, including blood cholesterol levels and auto-immune diseases such as arthritis and lupus. Flax seed also improves laxation.

### **Fat that's good for you**

More than half the fat in flax seed is alpha-linolenic acid, an essential omega-3 fatty acid. Omega-3s may help protect against both coronary heart disease and stroke. As these essential fatty acids are lacking in most modern diets, which are no longer rich in grains and leafy greens, flax is important as an omega-3 supplement. As well, even though approximately 42 per cent of flax seed is composed of oil, more than 70 per cent of that is polyunsaturated fat—the healthy fat.

### **Fibre advantages**

Flax seed contains high quantities of both soluble and insoluble fibre. Soluble fibre reduces blood cholesterol levels, while insoluble fibre improves laxation.

### **The best source of lignans**

Ground or whole flax seed provides up to 800 times more lignans—components that researchers believe assist in the prevention of breast and colon cancer—than any other plant. (Note, however, that flax seed oil contains virtually no lignans.)

### **Storage and handling**

- Use flax seed whole, or grind it at home in a coffee grinder, food processor or blender, to the consistency of finely-ground coffee. Grinding ensures that all seeds are broken up, thus providing the most nutritional benefit.
- Store whole flax seed at room temperature for up to a year.
- Store ground flax seed in the fridge for up to 90 days, although for optimum freshness, it is best to grind it as you need it .

### Content of flax seed

Protein .....	21%
Fat .....	42%
<i>Polyunsaturates</i> .....	30%
Omega-3.....	24%
Omega-6.....	6%
<i>Monounsaturates</i> .....	8%
<i>Saturates</i> .....	4%
Dietary Fibre .....	28%
Carbohydrate .....	6%
Other.....	3%

### Substitution tips

- For fat—Substitute flax for fat in your recipes, using 45 mL (3 tbsp) ground flax seed for each 15 mL (1 tbsp) of margarine, butter or cooking oil. Flax can be substituted for all or some of the fat, depending on the recipe. Note that baking with flax as fat substitute will cause baked goods to brown more quickly.
- For eggs—Substitute a ground flax seed/water mixture for eggs in recipes such as pancakes, muffins and cookies. Use 15 mL (1 tbsp) ground flax plus 45 mL (3 tbsp) water—left sitting for several minutes—for each egg. Note that this will result in a chewier version of the recipe, with less volume.

### Weight and calorie content of flax seed *per specific measurement*

#### Ground Flax Seed

250 mL (millilitres)	= 1 cup	= 130 grams	= 4.5 ounces	= 585 calories
15 mL	= 1 tbsp	= 8 grams	= .3 ounces	= 36 calories
5 mL	= 1 tsp	= 2.7 grams	= .1 ounces	= 12 calories

#### Whole Flax Seed

250 mL (millilitres)	= 1 cup	= 180 grams	= 6.3 ounces	= 810 calories
15 mL	= 1 tbsp	= 11 grams	= .4 ounces	= 50 calories
5 mL	= 1 tsp	= 4 grams	= .1 ounces	= 18 calories

## APPETIZERS

### Flax Seed Crackers

*Easy and delicious.*

50 mL	flax seed	1/4 cup
50 mL	ground flax seed	1/4 cup
375 mL	all-purpose flour	1 1/2 cups
2 mL	baking powder	1/2 tsp
2 mL	salt	1/2 tsp
20 mL	margarine or butter, softened	4 tsp
125 mL	skim milk	1/2 cup

- In a bowl of a stand-up mixer, add flax seed, ground flax, flour, baking powder, salt and margarine or butter. With the paddle attachment, mix on low speed until the mixture resembles a coarse meal.
- Stir in milk and mix until mixture forms a soft dough. (You can also mix the dough by hand).
- Wrap dough in plastic wrap and chill 10 minutes.
- Divide the dough into quarters. Turn out onto a lightly floured board. Roll out very thin to a rectangle 2 mm (1/16 inch) thick. Cut into 6 cm (2 1/2 inch) squares.
- Transfer to an ungreased baking sheet.
- Repeat with the remainder of the dough.
- Preheat oven to 160° C (325° F).
- Bake 20 minutes until crisp and golden.

#### *Variations:*

*Onion:* 15 mL (1 tbsp) powdered onion soup mix.

*Cheese:* 250 mL (1 cup) grated cheddar cheese.

*Italian:* 15 mL (1 tbsp) oregano and 250 mL (1 cup) grated mozzarella cheese.

*Yield:* 24 crackers

*Serving Size:* 1 – 6 x 6 cm (2 1/2 x 2 1/2 inch) cracker

#### Single Serving Nutrient Values

Calories	56	Fat	1.9 g	Sodium	59 mg
Protein	1.7 g	Polyunsaturates	1.1 g	Potassium	66 mg
Carbohydrate	7.9 g	Monounsaturates	0.5 g	Folate	14 µg
Fibre	0.9 g	Saturates	0.2 g		
		Cholesterol	0.1 mg		

## Cracked Pepper and Flax Cheeseballs

Everyone will ask you for this simple recipe.

250 g	light cream cheese	8 oz
5 mL	cracked black pepper or coarsely ground pepper	1 tsp
5 mL	salt free herb and spice seasoning	1 tsp
30 mL	flax seed*	2 tbsp

- In a medium-sized bowl, mix together cream cheese, pepper and seasoning with a fork until blended. Divide into two balls.
- In a small bowl, put 15 mL (1 tbsp) flax seed, put in one cheeseball, turning to coat all sides with seeds. Repeat with other ball.
- Wrap with plastic wrap, refrigerate two hours.
- Serve with crackers and vegetables.

*\*Flax seed may also be ground. Measure first, then grind or mill.*

*Yield: 2 cheeseballs (250 mL/1 cup each or 50 servings each)*

*Serving Size: 10 mL (1 tsp) per cracker*

### Single Serving Nutrient Values

Calories	14	Fat	1 g	Sodium	24 mg
Protein	0.6 g	Polyunsaturates	0.1 g	Potassium	34 mg
Carbohydrate	0.6 g	Monounsaturates	0 g	Folate	2 µg
Fibre	0.1 g	Saturates	0.6 g		
		Cholesterol	2.3 mg		

Look for flax seed at

health food, bulk food

stores, and in bulk bins

in supermarkets.

## Soft Pretzels

*An easy recipe with excellent results.*

500–750 mL	all-purpose flour	2-3 cups
25 mL	granulated sugar	2 tbsp
5 mL	salt	1 tsp
15 mL	active dry yeast (1 pkg)	1 tbsp
250 mL	water	1 cup
15 mL	butter or margarine	1 tbsp
50 mL	flax seed	1/4 cup
1	egg yolk	1
15 mL	water	1 tbsp
	coarse salt (optional)	
	flax seed (optional)	

- In a large bowl combine 250 mL (1 cup) flour, sugar, salt and yeast.
- In a saucepan, over medium-high heat, heat water and butter to 50 to 55°C (120 to 130°F).
- Add warm liquid to yeast mixture; beat until well combined.
- Stir in flax seed and enough flour to make a soft dough.
- Turn out onto a lightly floured surface. Knead, adding more flour as necessary until dough is smooth and no longer sticky, about 4 minutes.
- Place dough into a well greased bowl, and cover loosely with well greased plastic wrap. Let rise in a warm place until doubled, about 45 minutes to 1 hour.
- Preheat oven to 190°C (375°F).

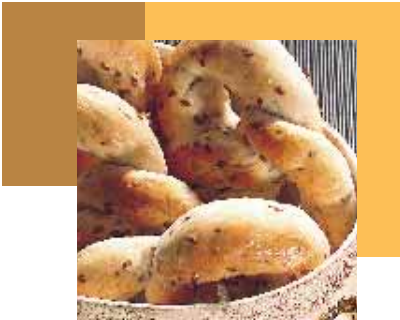


- Line baking sheet with foil, lightly grease; set aside.
- Punch dough down, knead about 5 times.
- Divide dough into 12 equal portions. Cover portions not being rolled.
- Roll each portion into a 45 cm (16 inch) rope; shape into pretzel.
- Place on baking sheet, cover, and let rise 5 minutes.
- Beat together egg yolk and water. Lightly brush on pretzels.
- Sprinkle pretzels lightly with coarse salt and flax seed, if desired.
- Bake 15 minutes or until golden brown.
- Serve with mustard or melted cream cheese for dipping.

*Yield: 12 pretzels*  
*Serving Size: 1 pretzel*

Single Serving Nutrient Values

Calories	162	Fat	3.0 g	Sodium	214 mg
Protein	4.7 g	Polyunsaturates	1.4 g	Potassium	107 mg
Carbohydrate	28.8 g	Monounsaturates	0.9 g	Folate	46 µg
Fibre	1.8 g	Saturates	0.5 g		
		Cholesterol	17.8 mg		



## Orzo, Lentil and Flax Soup

*A tasty soup that will become a family favourite.*

50 mL	butter	1/4 cup
1	medium onion, finely chopped	1
1	medium carrot, finely chopped	1
1	celery stalk, finely chopped	1
0.5	green pepper, finely chopped	1/2
1.25 L	boiling water	5 cups
75 mL	low sodium chicken soup base	1/3 cup
10 mL	granulated garlic	2 tsp
1	bay leaf	1
10 mL	Worcestershire sauce	2 tsp
796 mL	can tomatoes with herbs and spices; break up tomatoes	28 oz
75 mL	orzo pasta or any small soup pasta	1/3 cup
75 mL	dried lentils, rinsed	1/3 cup
5 mL	granulated sugar	1 tsp
75 mL	flax seed	1/3 cup

- In a large pot, over medium to medium-low heat, melt butter.
- Add onion, carrot, celery and green pepper. Gently sauté over medium-low heat for 20 minutes, stirring occasionally.
- Add boiling water, soup base, granulated garlic, bay leaf, Worcestershire sauce, tomatoes with juice, orzo and lentils. Stir.
- Slowly simmer for 1 hour with lid ajar, stirring occasionally until lentils are soft.
- Add sugar and flax seed. Stir and serve.

*Yield: 10 servings*

*Serving Size: 250 mL (1 cup)*

### Single Serving Nutrient Values

Calories	153	Fat	7.6 g	Sodium	1247 mg
Protein	5.7 g	Polyunsaturates	1.6 g	Potassium	237 mg
Carbohydrate	15.8 g	Monounsaturates	1.6 g	Folate	53 µg
Fibre	4.4 g	Saturates	3.1 g		
		Cholesterol	15.0 mg		

## Broccoli Salad

*An excellent, sweet-tasting salad... with little effort.*

1.5 L	chopped broccoli	6 cups
50 mL	finely chopped red onion	1/4 cup
175 mL	sweetened dried cranberries or raisins	3/4 cup
125 mL	pumpkin (pepita) seeds*	1/2 cup
25 mL	flax seed	2 tbsp

### DRESSING:

175 mL	light mayonnaise	3/4 cup
25 mL	raspberry vinegar	2 tbsp
25 mL	granulated sugar	2 tbsp

- In a large bowl place broccoli, onion, cranberries, pumpkin seeds and flax seed.
- In another bowl, combine mayonnaise, vinegar and sugar. Mix well.
- Pour over salad, toss well.
- Chill before serving.

*\* Sunflower seeds, chopped walnuts, or nuts of your choice may be substituted.*

*Yield: 6 servings*

*Serving Size: 250 mL (1 cup)*

### Single Serving Nutrient Values (with raisins)

Calories	319	Fat	20.1 g	Sodium	251 mg
Protein	10.7 g	Polyunsaturates	7.7 g	Potassium	681 mg
Carbohydrate	29.5 g	Monounsaturates	4.2 g	Folate	92 µg
Fibre	4.3 g	Saturates	3.8 g		
		Cholesterol	0 mg		

## *Antipasto Salad* WITH TOASTED FLAX SEED DRESSING

*A full-bodied dressing gives this salad a unique taste.*

### DRESSING:

15 mL	olive oil	1 tbsp
25 mL	flax seed	2 tbsp
2	cloves garlic	2
25 mL	white wine vinegar	2 tbsp
25 mL	water	2 tbsp
25 mL	chopped fresh herbs or 10 mL (2 tsp dry)*	2 tbsp
2 mL	dry mustard	1/2 tsp
1 mL	salt	1/4 tsp
	ground pepper to taste	

### SALAD:

1.5 L	washed, dried, torn and chilled iceberg lettuce	6 cups
127 mL	can, sliced pitted ripe olives	4.5 oz
170 mL	jar, marinated artichoke hearts (drain and reserve liquid)	6 oz
12	mushrooms, halved	12
12	cherry tomatoes, halved	12
25 mL	grated Parmesan cheese	2 tbsp

### GARNISH:

6	hard boiled eggs, peeled, quartered	6
12	slices salami, cut into 6 mm (1/4 inch) strips	12
6	whole pickled peperoncini peppers (optional) red onion or green pepper rings for garnish (optional)	6

- In a small saucepan, over medium heat, heat olive oil and flax seed until seed starts to darken and pop, about 1 1/2 minutes.
- Add garlic, cook and stir for 30 seconds. Remove from heat.
- In a blender, combine vinegar, water, herbs, dry mustard, salt and pepper, toasted flax seed mixture and reserved artichoke liquid. Blend until flax seed is coarse, about 1 minute.
- In a large bowl, toss lettuce, olives, artichoke hearts, mushrooms and tomatoes with salad dressing and Parmesan cheese.
- Divide salad onto 6 chilled plates. Garnish each salad with egg, salami, pickled pepper or pepper rings.

*\*Fresh herbs can be parsley, oregano, basil.*

*Yield: 125 mL (1/2 cup) dressing*

*Serving Size: 6 servings (375 mL/1 1/2 cups) per serving*

Single Serving Nutrient Values

Calories	316	Fat	23.8 g	Sodium	1212 mg
Protein	14.2 g	Polyunsaturates	2.9 g	Potassium	417 mg
Carbohydrate	11.5 g	Monounsaturates	9.0 g	Folate	78 µg
Fibre	4.1 g	Saturates	5.8 g		
		Cholesterol	232.4 mg		

Use omega-3 eggs

(produced from a

# Flax

flax-fed diet)

in your cooking.

## Meat Loaf

*One of life's simple pleasures... just like grandma's!*

1 kg	lean ground beef	2 lbs
250 mL	skim milk	1 cup
125 mL	ground flax seed	1/2 cup
125 mL	dry bread crumbs	1/2 cup
125 mL	chopped onion	1/2 cup
1	egg, beaten	1
15 mL	Worcestershire sauce	1 tbsp
5 mL	black pepper	1 tsp
5 mL	garlic powder	1 tsp
5 mL	dry mustard	1 tsp
2 mL	celery salt	1/2 tsp
1 mL	ground thyme	1/4 tsp
50 mL	ketchup	1/4 cup

- In a large bowl, combine beef, milk, ground flax, crumbs, onion, egg, Worcestershire sauce, pepper, garlic, mustard, celery salt and thyme. Mix well.
- Pat mixture into a 22 x 13 x 8 cm (9 x 5 x 3 inch) loaf pan.
- Spread ketchup over top of loaf.
- Bake at 180°C (350°F) 1 to 1 1/2 hours, until no pink remains.
- Remove from oven and let stand 5 minutes.
- Remove from pan, place on platter to serve.

*Yield: 8 servings*

*Serving Size: 1 slice*

### Single Serving Nutrient Values

Calories	375	Fat	22.3 g	Sodium	258 mg
Protein	27.6 g	Polyunsaturates	3.9 g	Potassium	598 mg
Carbohydrate	15.5 g	Monounsaturates	8.5 g	Folate	59 µg
Fibre	2.9 g	Saturates	7.2 g		
		Cholesterol	104.2 mg		

## Oven Fried Chicken

*Crowd-pleasing spicy dish. For a less spicy version, simply reduce the spices.*

1	beaten egg	1
45 mL	skim milk	3 tbsp
125 mL	ground flax seed	1/2 cup
125 mL	finely crushed unsalted crackers	1/2 cup
1 mL	black pepper	1/4 tsp
15 mL	dried parsley flakes	1 tbsp
5 mL	paprika	1 tsp
5 mL	chili powder	1 tsp
5 mL	garlic powder	1 tsp
5 mL	seasoned salt	1 tsp
1–1.5 kg	chicken pieces	2–3 lbs
25 mL	melted butter*	2 tbsp

- Preheat oven to 190°C (350°F).
- In a small bowl, combine egg and milk.
- In a shallow container, combine ground flax, cracker crumbs, pepper, parsley, paprika, chili, garlic, and seasoned salt.
- Skin chicken and rinse with water. Pat dry.
- Dip chicken pieces into egg mixture; coat with crumb mixture.
- Place chicken on greased 40 x 25 x 2 cm (15 x 10 x 3/4 inch) baking pan so pieces do not touch.
- Drizzle pieces with melted butter.
- Bake for 45 minutes or until chicken is tender and no longer pink. Do not turn chicken pieces while baking.

*\*For a lower-fat version, omit the butter.*

*Yield: 6 servings*

*Serving Size: 1 to 2 pieces*

### Single Serving Nutrient Values

Calories	267	Fat	14.7 g	Sodium	147 mg
Protein	23.9 g	Polyunsaturates	5.4 g	Potassium	627 mg
Carbohydrate	10.1 g	Monounsaturates	4.0 g	Folate	67 µg
Fibre	3.5 g	Saturates	4.0 g		
		Cholesterol	106.7 mg		

## Ham 'n Swiss Meal-in-a-Loaf

*A recipe with “zing”; mustard can be reduced.*

### DOUGH:

750 mL	all-purpose flour	3 cups
25 mL	granulated sugar	2 tbsp
2 mL	salt	1/2 tsp
50 mL	flax seed	1/4 cup
15 mL	fast rising instant yeast	1 tbsp
250 mL	water	1 cup
50 mL	mustard powder	1/4 cup
25 mL	margarine	2 tbsp

### FILLING:

375 mL	diced cooked ham	1 1/2 cups
250 mL	shredded Swiss cheese	1 cup
125 mL	diced dill pickles	1/2 cup

1	egg (optional)	1
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- In a large bowl, combine 500 mL (2 cups) flour with the sugar, salt, flax seed and yeast.
- Heat water, mustard and margarine until hot to the touch, 50 to 55°C (125 to 130°F). Stir into flour mixture.
- Add enough of the reserved flour to make a soft non-sticky dough. Knead four minutes.
- Roll dough into a 35 x 30 cm (14 x 12 inch) rectangle.
- Sprinkle ham, cheese and pickles down the centre of the dough.
- Make cuts from the filling to the edge of the dough at 2.5 cm (1 inch) intervals.



- Bring strips together and overlap in a braid-like design, encasing the filling in the dough.
- Let rest in a warm, draft-free place 15 minutes.
- Preheat oven to 190°C (375°F).
- Brush the top of the dough with one beaten egg (optional).
- Bake 25 minutes or until golden.

*Yield: 1 loaf (14 servings per loaf)*

*Serving Size: 1 (2.5 cm/1 inch) slice*

Single Serving Nutrient Values

Calories	211	Fat	6.6 g	Sodium	387 mg
Protein	10.9 g	Polyunsaturates	1.6 g	Potassium	162 mg
Carbohydrate	25.4g	Monounsaturates	1.8 g	Folate	38 µg
Fibre	1.8 g	Saturates	2.2 g		
		Cholesterol	17.8 mg		

Add ground flax seed to

prepared foods such as

macaroni and cheese, spaghetti

sauces, and pancake mixes.

Flax

## Spinach Lasagne

*The ultimate in lasagne. Make two and freeze one for unexpected company!*

### MEAT SAUCE:

250 g	ground beef	1/2 lb
25 g	ground pork	1/2 lb
250 mL	chopped onion	1 cup
2	cloves garlic, minced	2
1	398 mL can tomatoes, cut up	1
1	213 mL can tomato sauce	1
1	156 mL can tomato paste	1
10 mL	dried basil	2 tsp
10 mL	dried oregano	2 tsp
2 mL	black pepper	1/2 tsp

6	dried lasagne noodles	6
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### FILLING:

1	beaten egg	1
1	500 g container cream-style cottage cheese	1
50 mL	grated Parmesan cheese	1/4 cup
45 mL	snipped fresh parsley	3 tbsp
1	300 g package frozen, chopped spinach, drained	1
125 mL	ground flax seed	1/2 cup
500 mL	grated mozzarella cheese	2 cups
	grated Parmesan cheese (optional)	

- In a saucepan, over medium heat, cook meat, onion and garlic until meat is brown.
- Drain fat.
- Stir in undrained tomatoes, tomato sauce, tomato paste, basil, oregano and pepper. Bring to a boil.

- Reduce heat. Cover and simmer 15 minutes, stirring occasionally.
- Cook noodles for 10 to 12 minutes or until tender but still firm. Drain and rinse with cold water.
- In a bowl, combine egg, cottage cheese, parmesan cheese, parsley, spinach and ground flax.
- Preheat oven to 190°C (375°F).
- Layer half of the cooked noodles in a lightly greased 2 L (2 quart) baking dish.
- Spread with half of the cheese/spinach filling.
- Top with half of the meat sauce and half of the mozzarella cheese.
- Repeat layers.
- If desired, sprinkle with additional parmesan cheese.
- Bake for 30 to 35 minutes or until heated through. Let stand 10 minutes before serving.

*Yield: 12 servings*

*Serving Size: 1 – 7 x 10 cm (3 x 4 inch) piece*

Single Serving Nutrient Values

Calories	407	Fat	14.0 g	Sodium	604 mg
Protein	27.9 g	Polyunsaturates	2.5 g	Potassium	694 mg
Carbohydrate	44.4 g	Monounsaturates	4.1 g	Folate	51 ug
Fibre	4.6 g	Saturates	5.6 g		
		Cholesterol	55.2 mg		



## *Hummus and Flax Tortilla Sandwich*

*Perfect for hot sunny summer days... no cooking required.*

398 mL	can garbanzo beans	14 oz
50 mL	water	1/4 cup
50 mL	flax seed*	1/4 cup
10 mL	olive oil	2 tsp
5 mL	sesame oil	1 tsp
10 mL	lemon juice	2 tsp
1	large clove garlic	1
1 mL	salt	1/4 tsp
1 mL	cumin	1/4 tsp
	dash cayenne pepper	
	dash black pepper	
4	25 cm (10 inch) tortilla shells	4
250 mL	coarsely grated cucumber, drained on paper towel	1 cup
2	roma tomatoes, diced	2
	alfalfa sprouts	
50 mL	ranch dressing	1/4 cup
	black pepper	

- To make hummus: In a blender or food processor, blend together the garbanzo beans, water, flax seed, olive oil, sesame oil, lemon juice, garlic, salt, cumin, cayenne and pepper until it reaches a creamy light texture.
- Lay tortillas flat on counter.
- Divide hummus equally onto each tortilla (approximately 75 mL (1/3 cup) each.) Spread to within 1 cm (1/2 inch) of edge.)
- Lay 50 mL (1/4 cup) cucumber down centre of each tortilla.
- Top each with a quarter of diced tomato.
- Pinch off desired amount of alfalfa sprouts, lay on top.
- Drizzle spouts with 15 mL (1 tbsp) ranch dressing.

- Sprinkle with pepper.
- Roll up, tucking in one end and keeping the other end open.
- Serve with olives, marinated peppers or hot pepper sauce, if desired.

*\*Flax seed may be coarsely ground or added whole.*

*Yield: 4 servings*

*Serving Size: 1 tortilla*

Single Serving Nutrient Values

Calories	389	Fat	16.2 g	Sodium	684 mg
Protein	11.3 g	Polyunsaturates	7.2 g	Potassium	562 mg
Carbohydrate	51.4 g	Monounsaturates	5.4 g	Folate	121 µg
Fibre	8.5 g	Saturates	2.0 g		
		Cholesterol	3.3 mg		

Use ground flax seed in

sauses, as a filler

in hamburgers and meat loaf,

or in gravies.

Flax

## Flax Fried Rice

*Excellent as a light meal or a side dish... and kids like it!*

250 mL	long grain rice	1 cup
500 mL	water	2 cups
2 mL	salt	1/2 tsp
25 mL	canola oil	2 tbsp
3	eggs, beaten well	3
125 mL	diced cooked ham or any meat	1/2 cup
175 mL	frozen mixed vegetables (carrots, peas, corn), thawed	3/4 cup
2	green onions, cut into 6 mm (1/4 inch) lengths	2
25 mL	soy sauce	2 tbsp
2 mL	sesame oil	1/2 tsp
50 mL	flax seed, toasted*	1/4 cup

- Rinse rice well in a sieve under cold running water. In a medium saucepan, bring water and salt to a boil, add rice, bring to a boil again, stirring with a fork. Reduce heat, cover, simmer slowly 20 minutes. Remove lid, allow steam to escape. Fluff rice with a fork. Cool, cover and place in refrigerator overnight.
- In a large non-stick skillet, over medium heat, heat canola oil.
- Add egg and fry until half cooked.
- Add rice, breaking up any lumps, stirring quickly to coat the rice.
- Reduce heat to medium low; add ham, vegetables and green onions.
- Cook, turning rice mixture gently but frequently, about 4 minutes.
- Add soy sauce, sesame oil and flax seed. Reduce heat to low, cover and cook 3 minutes.

*\*To toast flax seed, spread flax seeds in small metal pan. Bake at 180°C (350°F) for 3 to 5 minutes. Stir while toasting.*

*Yield: 6 servings.*

*Serving Size: 250 mL (1 cup)*

### Single Serving Nutrient Values

Calories	266	Fat	10.3 g	Sodium	650 mg
Protein	10.9 g	Polyunsaturates	4.0 g	Potassium	259 mg
Carbohydrate	32.7 g	Monounsaturates	3.7 g	Folate	44 µg
Fibre	2.7 g	Saturates	1.8 g		
		Cholesterol	112.8 mg		



Clockwise from bottom  
right: Orzo, Lentil and  
Flax Soup – PG 10; Hummus  
and Flax Tortilla  
Sandwich – PG 20;  
Ham 'n Swiss Meal-in-a-  
Loaf – PG 16.



Clockwise from bottom  
left: Bulgar and Flax  
Pilaf – PG 30; Meat Loaf –  
PG 14; Vegetable Stir-  
fry – PG 28; Flax Prairie  
Bread – PG 37.





Clockwise from bottom  
left: Spinach Lasagne –  
PG 18; Pizza Bread – PG 34;  
Antipasto Salad with  
Toasted Flax Seed  
Dressing – PG 12.



Clockwise from bottom  
left: Orange Bran Flax  
Muffins – PG 31; Apple  
Flax Seed Squares – PG 44;  
Tutti-Frutti Cookies – PG 43;  
Chocolate Chip Cookies –  
PG 42; Granola Snack  
Bars – PG 41.

## Fruited Harvest Stuffing

*Fruit and nuts make this stuffing company fare!*

1 L	dry bread cubes	4 cups
125 mL	shredded carrot	1/2 cup
125 mL	chopped celery	1/2 cup
1	small onion, chopped	1
25 mL	butter	2 tbsp
2 mL	seasoned salt	1/2 tsp
3 mL	poultry seasoning	3/4 tsp
0.5 mL	black pepper	1/8 tsp
0.5 mL	nutmeg	1/8 tsp
125 mL	ground flax seed	1/2 cup
50 mL	chopped walnuts	1/4 cup
75 mL	chicken broth	1/3 cup
175 mL	raisins, softened in water and drained	3/4 cup
625 mL	chopped apple	2 1/2 cups

- In a large bowl, measure bread cubes.
- Sauté the carrot, celery and onion in butter in a fry pan until soft but not browned.
- Stir in salt, poultry seasoning, pepper and nutmeg.
- Pour sautéed mixture into bread cubes, along with the ground flax, walnuts, chicken broth, raisins and apple.
- Stuff one 4.5 kg (10 lb.) turkey or place in 3 L (3 quart) casserole. Cover and bake at 180°C (350°F) for 40 to 45 minutes or until heated through.

*Yield: 12 servings*

*Serving Size: 175 mL (3/4 cup)*

### Single Serving Nutrient Values

Calories	150	Fat	6.7 g	Sodium	106 mg
Protein	3.7 g	Polyunsaturates	3.1 g	Potassium	317 mg
Carbohydrate	21.0 g	Monounsaturates	1.5 g	Folate	37 µg
Fibre	3.3 g	Saturates	1.6 g		
		Cholesterol	4.6 mg		

## Vegetable Stir-fry

*A great way to serve a wide variety of vegetables. You can use your family's favourites.*

15 mL	canola oil	1 tbsp
1	medium onion, cut into thin wedges	1
0.5	small zucchini, halved lengthwise and cut into 1 cm (1/2 inch) slices	1/2
375 mL	cauliflower (bite-size pieces)	1 1/2 cups
375 mL	broccoli (bite-size pieces)	1 1/2 cups
250 mL	fresh sliced mushrooms	1 cup
125 mL	thinly bias-sliced carrot	1/2 cup
125 mL	green pepper strips	1/2 cup
125 mL	red pepper strips	1/2 cup

### SAUCE:

25 mL	ground flax seed	2 tbsp
1	clove garlic, minced	1
15 mL	grated fresh ginger	1 tbsp
50 mL	chicken broth	1/4 cup
25 mL	soy sauce	2 tbsp
15 mL	vinegar	1 tbsp
5 mL	granulated sugar	1 tsp
15 mL	flax seed, toasted*	1 tbsp

- In a large fry pan, add oil.
- Stir-fry onion, zucchini, cauliflower, broccoli, mushrooms, carrots and peppers over medium heat for 5 minutes.
- Place lid over vegetables and cook 2 minutes more to steam slightly.
- In a small bowl, combine ground flax, garlic, ginger, broth, soy sauce, vinegar and sugar.

- Pour over vegetables. Cook and stir 1 minute (or until heated through).
- Sprinkle with 15 mL (1 tbsp) toasted flax seed. Serve.

*\*To toast flax seed, spread flax seeds in small metal pan. Bake at 180°C (350°F) for 3 to 5 minutes. Stir while toasting.*

*Yield: 4 servings*

*Serving Size: 375 mL (1 1/2 cups)*

Single Serving Nutrient Values

Calories	144	Fat	7.1 g	Sodium	520 mg
Protein	5.5 g	Polyunsaturates	3.7 g	Potassium	601 mg
Carbohydrate	18.1 g	Monounsaturates	2.2 g	Folate	94 µg
Fibre	5.9 g	Saturates	0.8 g		
		Cholesterol	0 mg		

Sprinkle whole flax seed into

soups just before serving,

although cooking it into the

soup is not recommended.

Flax

## Bulgar and Flax Pilaf

*A tasty alternative to potatoes or plain rice.*

25 mL	butter or margarine	2 tbsp
250 mL	bulgar wheat	1 cup
50 mL	flax seed	1/4 cup
75 mL	minced onion	1/3 cup
1	small tomato, diced	1
500 mL	chicken broth	2 cups
2 mL	salt	1/2 tsp
1 mL	crushed rosemary OR	1/4 tsp
	5 mL (1 tsp) fresh, chopped*	

- In medium saucepan, over medium heat, melt butter or margarine.
- Add bulgar, flax seed and onion. Stir until bulgar is golden brown and flax is turning dark, about 3 minutes.
- Stir in tomato, chicken broth, salt and rosemary.
- Cover, heat to boiling, reduce heat, and simmer 15 minutes.
- Turn off heat, remove lid, and lift pilaf with fork.
- Let rest 10 minutes before serving.

*Yield: 1 L (4 cups) 5 servings*

*Serving Size: 175 mL (3/4 cup)*

*\* Any herb may be substituted*

### Single Serving Nutrient Values

Calories	217	Fat	7.0 g	Sodium	577 mg
Protein	7.3 g	Polyunsaturates	3.7 g	Potassium	401 mg
Carbohydrate	30.0 g	Monounsaturates	2.4 g	Folate	34 µg
Fibre	6.7 g	Saturates	1.1 g		
		Cholesterol	0 mg		

# Orange Bran Flax Muffins

Whole oranges give these muffins a wonderful flavour.

375 mL	oat bran	1 1/2 cups
250 mL	all-purpose flour	1 cup
250 mL	flax seed*	1 cup
250 mL	natural bran	1 cup
15 mL	baking powder	1 tbsp
2 mL	salt	1/2 tsp
2	whole oranges, (washed, quartered, seeded)	2
250 mL	brown sugar	1 cup
250 mL	buttermilk	1 cup
125 mL	canola oil	1/2 cup
2	eggs	2
5 mL	baking soda	1 tsp
375 mL	raisins**	1 1/2 cups

- In a large bowl, combine oat bran, flour, flax seed, bran, baking powder and salt. Set aside.
- In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs and baking soda. Blend well.
- Pour orange mixture into dry ingredients. Mix until well blended.
- Stir in raisins.
- Fill paper lined muffin tins almost to the top.
- Bake in 190° C (375° F) oven for 18 to 20 minutes or until wooden pick inserted in centre of muffin comes out clean.
- Cool in tins 5 minutes before removing to cooling rack.

\*Flax seed may also be ground. Measure first, then grind or mill.

\*\*For chocolate lovers, substitute white chocolate chips for raisins.

*Yield: 18 muffins*

*Serving Size: 1 muffin*

## Single Serving Nutrient Values

Calories	275	Fat	11.5 g	Sodium	236 mg
Protein	6.1 g	Polyunsaturates	5.6 g	Potassium	439 mg
Carbohydrate	44.5 g	Monounsaturates	4.0 g	Folate	54 µg
Fibre	5.7 g	Saturates	1.4 g		
		Cholesterol	23.6 mg		

## Chocolate Zucchini Muffins

*A moist and delicious muffin created especially for chocolate lovers.*

625 mL	all-purpose flour	2 1/2 cups
50 mL	unsweetened cocoa powder	1/4 cup
5 mL	salt	1 tsp
2 mL	baking powder	1/2 tsp
5 mL	baking soda	1 tsp
50 mL	ground flax seed	1/4 cup
125 mL	margarine	1/2 cup
50 mL	canola oil	1/4 cup
375 mL	granulated sugar	1 1/2 cups
2	eggs	2
125 mL	sour 1% milk	1/2 cup
500 mL	finely grated, unpeeled zucchini	2 cups

- Preheat oven to 180°C (350°F).
- In a bowl, combine flour, cocoa, salt, baking powder, baking soda and ground flax.
- In a separate bowl, cream margarine, oil and sugar.
- Add eggs and sour milk.
- Add flour mixture, stirring until just mixed.
- Add zucchini and mix.
- Fill paper baking cups half to two thirds full.
- Bake 18 to 20 minutes or until wooden pick inserted in centre comes out clean.
- Remove and cool on rack.

*Yield: 24 muffins*

*Serving Size: 1 muffin*

### Single Serving Nutrient Values

Calories	174	Fat	7.2 g	Sodium	223 mg
Protein	2.7 g	Polyunsaturates	2.9 g	Potassium	85 mg
Carbohydrate	25.3 g	Monounsaturates	2.7 g	Folate	14 µg
Fibre	0.8 g	Saturates	1.2 g		
		Cholesterol	17.9 mg		



## Apple and Flax Pancakes

*A light and airy pancake.*

300 mL	all-purpose flour	1 1/4 cups
75 mL	flax seed, coarsely ground	1/3 cup
45 mL	granulated sugar	3 tbsp
15 mL	baking powder	1 tbsp
2 mL	salt	1/2 tsp
1 mL	cinnamon	1/4 tsp
	dash of nutmeg	
2	eggs, separated, whites	2
	beaten stiffly	
300 mL	2% milk	1 1/4 cups
45 mL	butter, melted	3 tbsp
250 mL	pared and shredded apple	1 cup
	(shred just prior to adding butter)	

- In a large bowl, combine flour, ground flax, sugar, baking powder, salt, cinnamon and nutmeg.
- In a medium bowl, lightly beat together egg yolks, milk and butter.
- Add liquid ingredients to the dry, and stir until just combined.
- Shred apple, add to batter; stir until just combined.
- Fold in egg whites.
- Preheat griddle or heavy fry pan to medium heat. Lightly grease pan or spray with non-stick vegetable spray.
- Using a 75 mL (1/3 cup) measure, pour batter onto pan.
- Cook pancakes until bubbles appear on surface, about 1 minute.
- Turn over and brown other side.

*Yield: 12 pancakes*

*Serving Size: 2 pancakes*

### Single Serving Nutrient Values

Calories	278	Fat	11.7 g	Sodium	472 mg
Protein	8.2 g	Polyunsaturates	4.6 g	Potassium	266 mg
Carbohydrate	36.0 g	Monounsaturates	3.8 g	Folate	44 µg
Fibre	2.8 g	Saturates	2.5 g		
		Cholesterol	74.5 mg		

## Pizza Bread

*A loaf for pizza lovers.*

125 mL	sun-dried tomatoes	1/2 cup
550 mL	all-purpose flour	2 1/4 cups
125 mL	light parmesan cheese	1/2 cup
15 mL	granulated sugar	1 tbsp
125 mL	ground flax seed	1/2 cup
15 mL	baking powder	1 tbsp
10 mL	oregano leaves	2 tsp
2 mL	salt	1/2 tsp
1 mL	black pepper	1/4 tsp
300 mL	skim milk	1 1/4 cups
25 mL	canola oil	2 tbsp
1	egg	1
1	small tomato, diced	1
50 mL	diced green pepper	1/4 cup
75 mL	shredded mozzarella cheese	1/3 cup

- Cover sun-dried tomatoes with boiling water. Let stand for 10 minutes or until softened. Drain and dice.
- Preheat oven to 180°C (350°F).
- In a bowl, combine sun-dried tomatoes, flour, parmesan cheese, sugar, ground flax, baking powder, oregano, salt and pepper.
- In a separate bowl, whisk together milk, oil and egg.
- Pour liquid into dry ingredients. Stir just until dry ingredients are moistened.
- Pour into a well greased 21 cm x 12 cm (8.5 x 4.5 inch) loaf pan.\*

- Sprinkle tomatoes, green pepper and mozzarella cheese on top of batter.
- Bake 55 to 60 minutes or until wooden pick inserted in centre comes out clean.

*\*To make muffins, increase milk to 375 mL (1 1/2 cups) and decrease flour to 500 mL (2 cups). Bake muffins for 25 minutes.*

*Yield: 1 loaf (20 slices) or 12 muffins*

*Serving Size: 1 slice or 1 muffin*

Single Serving Nutrient Values (Slice)

Calories	119	Fat	3.9 g	Sodium	177 mg
Protein	4.9 g	Polyunsaturates	1.9 g	Potassium	191 mg
Carbohydrate	16.8 g	Monounsaturates	1.1 g	Folate	24 µg
Fibre	1.6 g	Saturates	0.7 g		
		Cholesterol	13.9 mg		

Use whole or ground flax seed

in salads, dips, coatings for

baked meats, or cooked into

cereals such as oatmeal.

(Children may prefer the

flax seed to be ground.)

Flax

## Two-hour Buns

*Simple and delicious... nothing beats fresh buns!*

25 mL	fast rising instant yeast	2 tbsp
2 L	all-purpose flour	8 cups
175 mL	ground flax seed	3/4 cup
125 mL	granulated sugar	1/2 cup
2	eggs	2
5 mL	salt	1 tsp
750 mL	lukewarm water	3 cups

- In a bowl, mix yeast, 1 L (4 cups) flour and ground flax.
- In a large bowl, beat sugar, eggs and salt. Add water and stir.
- Add flour mixture to the liquid and beat until well blended.
- Add remaining flour and knead.
- Let rise 15 minutes.
- Punch down and let rise again 15 minutes.
- Punch down and form into buns.
- Place on greased baking sheet allowing 5 cm (2 inches) between buns.
- Let rise one hour.
- Preheat oven to 180°C (350°F).
- Bake 20 minutes. Remove and cool on a rack.

*Yield: 4 dozen 10 cm (4 inch) buns*

*Serving Size: 1 bun*

### Single Serving Nutrient Values

Calories	109	Fat	1.5 g	Sodium	55 mg
Protein	3.3 g	Polyunsaturates	0.8 g	Potassium	74 mg
Carbohydrate	20.3 g	Monounsaturates	0.3 g	Folate	26 µg
Fibre	1.2 g	Saturates	0.2 g		
		Cholesterol	8.8 mg		

## Flax Prairie Bread (BREAD MACHINE)

*A simple bread machine recipe sure to please.*

300 mL	water	1 1/4 cups
25 mL	honey	2 tbsp
25 mL	canola oil	2 tbsp
500 mL	bread flour	2 cups
250 mL	whole wheat flour	1 cup
7 mL	salt	1 1/2 tsp
75 mL	flax seed	1/3 cup
25 mL	sunflower seeds	2 tbsp
15 mL	poppy seeds	1 tbsp
10 mL	fast rising instant yeast	2 tsp

- Measure ingredients and place in bread machine pan in order recommended by manufacturer.
- Select Whole Wheat Rapid Cycle.
- Remove baked bread from pan and let cool on wire rack.

*Yield: 1 loaf (16 slices)*

*Serving Size: 1 slice*

### Single Serving Nutrient Values

Calories	141	Fat	3.8 g	Sodium	217 mg
Protein	4.2 g	Polyunsaturates	1.9 g	Potassium	105 mg
Carbohydrate	23.1 g	Monounsaturates	1.0 g	Folate	29 µg
Fibre	1.3 g	Saturates	0.4 g		
		Cholesterol	0 mg		



## *Flax Cinnamon Buns* (BREAD MACHINE)

*Just like mom's, without the fuss!*

### DOUGH:

175 mL	2% milk	3/4 cup
1	egg	1
750 mL	all-purpose flour	3 cups
175 mL	ground flax seed	3/4 cup
2 mL	salt	1/2 tsp
45 mL	granulated sugar	3 tbsp
60 mL	margarine or butter	4 tbsp
10 mL	fast rising instant yeast	2 tsp

### FILLING:

45 mL	margarine or butter	3 tbsp
75 mL	granulated sugar	1/3 cup
15 mL	cinnamon	1 tbsp
2 mL	nutmeg (optional)	1/2 tsp

### ICING SUGAR GLAZE:

250 mL	icing sugar	1 cup
25 mL	2% milk	2 tbsp
2 mL	vanilla	1/2 tsp

- Measure ingredients for dough and place in bread machine pan in order recommended by manufacturer. Select Dough Cycle.
- Remove dough from pan and place on floured surface. Cover and let rest 15 minutes.
- Roll dough into a rectangle, about 25 x 38 cm (10 x 15 inches).
- Spread margarine or butter over dough to within 2.5 cm (1 inch) of the edges. Sprinkle sugar, cinnamon and nutmeg (if desired) evenly over dough.

- Roll up dough tightly on long side. Press edges to seal and form into a 30 cm (12 inch) long, evenly shaped roll. Cut roll into 1.5 cm (1 inch) pieces.
- Place rolls onto a greased 22 x 33 cm (9 x 13 inch) pan.
- Cover and let rise until double in volume, about 30 to 45 minutes.
- Preheat oven to 190°C (375°F) for 20 to 25 minutes or until golden brown.
- Let cool in pan 10 to 14 minutes.
- Drizzle with icing sugar glaze. Cut apart and remove from pan.

*Yield: 12 servings*

*Serving Size: 1 bun*

Single Serving Nutrient Values

Calories	338	Fat	12.2 g	Sodium	193 mg
Protein	7.2 g	Polyunsaturates	5.8 g	Potassium	255 mg
Carbohydrate	50.6 g	Monounsaturates	3.9 g	Folate	67 µg
Fibre	3.6 g	Saturates	2.0 g		
		Cholesterol	19.0 mg		

Add whole or ground flax

seed to breads, muffins,

cookies, and pancakes – or

sprinkle the seed on top.

Flax

## Farmland Flax Cookies

*A popular cookie that everyone loves.*

325 mL	butter	1 1/3 cups
300 mL	granulated sugar	1 1/4 cups
375 mL	lightly packed brown sugar	1 1/2 cups
575 mL	flax seed	2 1/3 cups
3	large eggs	3
7 mL	vanilla	1 1/2 tsp
825 mL	all-purpose flour	3 1/2 cups
15 mL	baking soda	1 tbsp
750 mL	oatmeal	3 cups

- In a bowl, cream butter and sugars; add flax seed.
- In another bowl, beat eggs and vanilla together. Combine with flax mixture.
- Sift together the flour and soda. Mix in oatmeal and combine with other ingredients.
- Form dough into 4 cm (1 1/2 inch) round logs. Place in freezer and chill.
- Preheat oven to 180°C (350°F).
- Slice into .5 cm (1/4 inch) medallions.
- Place on baking sheet leaving about 5 cm (2 inches) between cookies.
- Bake 13 to 15 minutes.
- Remove from sheet and cool.

*Yield: 108 cookies (5 cm/2 inches)*

*Serving Size: 2 cookies*

### Single Serving Nutrient Values

Calories	185	Fat	8.8 g	Sodium	134 mg
Protein	3.7 g	Polyunsaturates	2.5 g	Potassium	174 mg
Carbohydrate	23.9 g	Monounsaturates	2.3 g	Folate	33 µg
Fibre	2.2 g	Saturates	3.5 g		
		Cholesterol	25.1 mg		



## Granola Snack Bars

*The ultimate in snacking treats.*

50 mL	butter or margarine	1/4 cup
1 L	miniature marshmallows	4 cups
250 mL	rolled oats	1 cup
250 mL	crushed graham crackers	1 cup
125 mL	flax seed	1/2 cup
125 mL	raisins, chopped*	1/2 cup
50 mL	raw sunflower seeds, shelled	1/4 cup
50 mL	unsweetened fine coconut	1/4 cup

- In a large saucepan, over low heat, melt butter.
- Add marshmallows, cook, stirring constantly until marshmallows are melted and mixture is smooth. Remove from heat.
- Stir in oats, graham crumbs, flax seed, raisins, sunflower seeds and coconut until thoroughly coated.
- Press into a greased 22 x 34 cm (9 x 13 inch) pan with greased fingers. (For a thicker bar, press into a 22 x 22 cm (9 x 9 inch) pan.
- Let cool. Cut into 6 rows lengthwise and 4 crosswise.

*\*Dried fruit such as apricots can be used.*

*Yield: 24 bars (24 servings)*

*Serving Size: 1 bar*

### Single Serving Nutrient Values

Calories	121	Fat	4.4 g	Sodium	79 mg
Protein	2.3 g	Polyunsaturates	1.9 g	Potassium	102 mg
Carbohydrate	18.9 g	Monounsaturates	1.3 g	Folate	15 µg
Fibre	1.4 g	Saturates	0.8 g		
		Cholesterol	0 g		

## Chocolate Chip Cookies

*This recipe will become a favourite in your cooking repertoire.*

250 mL	shortening	1 cup
250 mL	brown sugar	1 cup
125 mL	granulated sugar	1/2 cup
5 mL	vanilla	1 tsp
2	eggs, beaten	2
500 mL	all-purpose flour	2 cups
5 mL	baking soda	1 tsp
2 mL	salt	1/2 tsp
250 mL	chocolate chips	1 cup
50 mL	ground flax seed	1/4 cup

- Preheat oven to 180°C (350°F).
- In a large bowl, cream shortening and sugars.
- Add vanilla and beaten eggs.
- In a separate bowl, combine flour, baking soda, salt, chocolate chips and ground flax. Add to creamed mixture.
- Drop by teaspoonful onto a cookie sheet leaving 5 cm (2 inches) between cookies.
- Bake 10 to 12 minutes, until golden.
- Remove from sheet and cool.

*Yield: 48 cookies (5 cm/2 inches)*

*Serving Size: 2 cookies*

### Single Serving Nutrient Values

Calories	247
Protein	2.7 g
Carbohydrate	29.7 g
Fibre	0.9 g

Fat	13.1 g
Polyunsaturates	1.6 g
Monounsaturates	5.3 g
Saturates	5.7 g
Cholesterol	24.3 mg

Sodium	114 mg
Potassium	109 mg
Folate	11 µg

## Tutti-Frutti Cookies

*The ultimate in soft cookies.*

75 mL	shortening	1/3 cup
250 mL	lightly packed brown sugar	1 cup
2	eggs	2
5 mL	vanilla	1 tsp
300 mL	all-purpose flour	1 1/4 cups
250 mL	ground flax seed	1 cup
5 mL	baking soda	1 tsp
2 mL	salt	1/2 tsp
5 mL	cinnamon	1 tsp
1 mL	ground cloves	1/4 tsp
2 mL	nutmeg	1/2 tsp
125 mL	oatmeal	1/2 cup
250 mL	raisins	1 cup
125 mL	citron peel or candied fruit, chopped	1/2 cup
125 mL	chopped pecans	1/2 cup

- Preheat oven to 180°C (350°F).
- In a bowl, beat together the shortening, sugar, eggs and vanilla.
- In a separate bowl, combine flour, ground flax, baking soda, salt, cinnamon, cloves and nutmeg. Gradually stir into liquid mixture.
- Stir in oatmeal, raisins, peel and pecans. Mix until combined.
- Form into 2.5 cm (1 inch) balls. Place on a greased cookie sheet, leaving 5 cm (2 inches) between cookies.
- Bake 10 to 12 minutes or until golden.
- Remove from sheet and cool.

*Yield: 60 cookies (5 cm/2 inches)*

*Serving Size: 2 cookies*

### Single Serving Nutrient Values

Calories	156	Fat	6.5 g	Sodium	87 mg
Protein	2.8 g	Polyunsaturates	2.3 g	Potassium	183 mg
Carbohydrate	22.8 g	Monounsaturates	2.4 g	Folate	26 µg
Fibre	2.0 g	Saturates	1.4 g		
		Cholesterol	15.4 mg		

## Apple Flax Seed Squares

*Easier than apple pie, but same great taste.*

625 mL	all-purpose flour	2 1/2 cups
5 mL	salt	1 tsp
50 mL	flax seed	1/4 cup
250 mL	shortening	1 cup
1	egg yolk plus enough milk to make 150 mL (2/3 cup liquid)	1
500 mL	cornflakes, crushed to make 250 mL (1 cup) crumbs	2 cups
4	large or 6 small apples to make 1.25 L (5 cups) of sliced apples	4
175 mL	granulated sugar	3/4 cup
7 mL	cinnamon	1 1/2 tsp
1	egg white	1
ICING:		
125 mL	icing sugar	1/2 cup
15 mL	warm water	1 tbsp
2 mL	vanilla or almond extract	1/2 tsp

- Preheat oven to 190°C (375°F).
- Lightly spray a 40 x 25 cm (15 x 10 inch) baking sheet with a non-stick cooking spray.
- In a large bowl, mix together flour, salt and flax seed.
- Cut in shortening until mixture is crumbly.
- Stir in the egg and milk until a soft dough forms.
- Divide dough in half.
- On a lightly floured surface, roll one half into a 40 x 25 cm (15 x 10 inch) rectangle to fit the baking sheet. Place on prepared baking sheet.

- Sprinkle cornflake crumbs over.
- Peel, pare and slice apples.
- Spread apple slices on top of crumbs.
- Sprinkle sugar and cinnamon on top.
- Roll out other half of dough, lay on top of apples to cover. Crimp edges all around to seal.
- Beat egg white until frothy; brush on top of crust.
- Bake 35 to 40 minutes, until golden brown. Cool.
- In a small bowl, mix together icing sugar, water and vanilla or almond extract. Stir well, adding a few drops of water if needed to form a drizzle.
- Using a spoon, drizzle icing over square. Cut into 30 squares.

*Yield: 30 squares.*  
*Serving Size: 1 – 5 x 5 cm (2 x 2 inch) square*

Single Serving Nutrient Values

Calories	117	Fat	7.3 g	Sodium	189 mg
Protein	0.8 g	Polyunsaturates	2.9 g	Potassium	50 mg
Carbohydrate	12.9 g	Monounsaturates	2.7 g	Folate	7 µg
Fibre	0.8 g	Saturates	1.6 g		
		Cholesterol	7.4 g		



## Flax-topped Fruit Crisp WITH LEMON CREAM

*The new look, new taste crisp... sure to please!*

6	EACH red plums, apricots*	6
75 mL	granulated sugar	1/3 cup
25 mL	fresh lemon juice	2 tbsp
10 mL	cornstarch	2 tsp
500 mL	cornflakes, crushed to make 250 mL (1 cup)	2 cups
50 mL	flax seed	1/4 cup
25 mL	butter or margarine, melted.	2 tbsp

### LEMON CREAM:

250 mL	light sour cream	1 cup
50–75 mL	icing sugar	1/4 to 1/3 cup
45 mL	fresh lemon juice	3 tbsp
	grated rind of one lemon	

- Preheat oven to 180°C (350°F).
- Lightly grease a 2 L (8 cup) baking dish.
- Stone and quarter the plums and apricots into the baking dish.
- In a small bowl, mix sugar, lemon juice and cornstarch. Pour mixture over fruit and toss to coat.
- In a medium bowl, mix the crushed flakes, flax seed and melted butter. Sprinkle crumb mixture over fruit.
- Bake 25 minutes or until juice bubbles and is clear.
- In a medium bowl, mix sour cream, icing sugar, lemon juice and lemon rind. Chill until serving time. To serve, spoon 25 mL (2 tbsp) of lemon cream over each serving.

*\*Any combination of fruit to equal 1 L (4 cups) may be used. Adjust sugar.*

*Yield: 6 125 mL (1/2 cup) servings*

*Serving Size: 125 mL (1/2 cup)*

### Single Serving Nutrient Values

Calories	279	Fat	9.8 g	Sodium	193 mg
Protein	6.0 g	Polyunsaturates	3.1 g	Potassium	446 mg
Carbohydrate	44.1 g	Monounsaturates	2.1 g	Folate	64 µg
Fibre	3.6 g	Saturates	3.7 g		
		Cholesterol	14.1 mg		

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*Flax seed is versatile, tasty, and nutritious—and it can easily be incorporated into everyday meals and most home baking. Once you try the taste-tested recipes in this book, you'll see how ground or whole flax seed can enhance your cooking. In fact, you'll probably be ready to create your own recipes by adding flax to some of your family's favourite recipes.*

*Adding flax nutrition to your family's diet has never been easier, nor more necessary. Use flax and flax products in your cooking, and benefit from the goodness of Canadian flax in your foods.*

# Flax

Back cover photo clockwise from bottom left: Cracked Pepper and Flax Cheeseballs – PG 7; Flax Seed Crackers – PG 6; Soft Pretzels – PG 8; Chocolate Zucchini Muffins – PG 32.

*Photography by Jerry Humeny, Black Box Images, Saskatoon, SK.  
Tableware courtesy of The Nosegay Gift Shop and Fresh Flowers, Saskatoon, SK.*



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**SaskFlax**

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