



flax  
*Quick*  
SNACKS

Muffin, Quick Bread & Cookie Recipes



FLAX COUNCIL  
OF CANADA



You can pay attention to nutrition and still serve great-tasting goodies by making these **flax muffins**, **quick breads** and **cookies**. As many nutrition studies show, eating flax snacks makes it easier for you to get the recommended amounts of the nutrients you need. Flax snacks deliver excellent omega-3 and fibre nutrition – along with great taste.

## Omega-3 oil

In a balanced diet, 7 to 8 g (1 tablespoon) of milled flax daily provides enough of the healthful omega-3 oil, alpha-linolenic acid (ALA), to meet the dietary needs of most people.

## Fibre

Whole seed and milled flax also provide ample fibre. Whole seed and milled flax contain all the fibre of whole grains – both insoluble and soluble fibre.

One cup (180 g) of whole flax seed contains 50 g of total dietary fibre, and one cup of milled flax (130 g) contains 36 g.

One tablespoon of milled flax contains as much total dietary fibre as:

- 1 slice of whole wheat bread
- 1/2 cup of cooked brown rice
- 1/4 cup of cooked oat bran
- 1/3 cup of cooked, chopped broccoli

The ALA, fibre and lignans found in flax help your body function well, promoting heart health, supporting the immune system and improving laxation. So, get baking!

With these tasty flax muffins, quick breads and cookies, you won't even know you're eating healthier.

NOTE: 1 tbsp milled flax = 7.0 grams

\*Dietary Folate Equivalent (DFE) is a unit of measure expressing the amount of folate available to the body from naturally occurring sources.

## Flax Chocolate Chip Muffins

300 mL	1 1/4 cups	All purpose flour, sifted
125 mL	1/2 cup	Milled flax
125 mL	1/2 cup	Chocolate chips
80 mL	1/3 cup	White sugar
60 mL	1/4 cup	Cocoa
10 mL	2 tsp	Baking powder
2 mL	1/2 tsp	Salt
250 mL	1 cup	Skim milk
30 mL	2 tbsp	Vegetable oil
1	1	Egg
5 mL	1 tsp	Vanilla

- Preheat oven to 180°C (350°F).
- Combine flour, milled flax, chocolate chips, sugar, cocoa, baking powder and salt. Mix well.
- In a separate bowl, mix skim milk, oil and vanilla.
- Beat egg slightly and add to liquid mixture; mix well.
- Add dry ingredients to liquid; gently stir until dry ingredients are thoroughly moistened.
- Spray muffin tin with non-stick vegetable spray.
- Fill each muffin cup with 50 mL (1/4 cup) of batter.
- Bake for 20 minutes or until inserted toothpick comes out clean.
- Remove from oven. Cool on wire rack for 5 minutes.
- Remove from tin and cool to room temperature.

**YIELD:** 12 muffins

**SERVING SIZE:** 1 muffin

**FLAX CONTENT:** 5.0 g per serving



Calories	186.9
Fat	7.25 g
Saturated	2.08 g
Monounsaturates	2.74 g
Polyunsaturates	2.02 g
Omega-3	1.14 g
Cholesterol	17.65 mg
Sodium	210.3 mg
Potassium	158.7 mg
Carbohydrate	27.39 g
Fibre	2.93 g
Protein	4.87 g
Folate	58.7 DFE*

# Flax Blueberry Muffin

## TOPPING

80 mL	1/3 cup	Quick oats
60 mL	1/4 cup	Brown sugar
60 mL	1/4 cup	Pecans, finely chopped
1 mL	1/4 tsp	Cinnamon
45 mL	3 tbsp	Non-hydrogenated margarine, melted
30 mL	2 tbsp	All purpose flour

## MUFFIN

375 mL	1 1/2 cups	All purpose flour, sifted
125 mL	1/2 cup	Milled flax
7 mL	1 1/2 tsp	Baking powder
2 mL	1/2 tsp	Baking soda
2 mL	1/2 tsp	Salt
125 mL	1/2 cup	Sugar
15 mL	1 tbsp	Canola oil
250 mL	1 cup	Skim milk
15 mL	1 tbsp	Lemon juice
1	1	Egg
5 mL	1 tsp	Vanilla
180 mL	3/4 cup	Blueberries, frozen, unsweetened wild



Preheat oven to 180°C (350°F).

## TOPPING:

- Combine quick oats, brown sugar, pecans, cinnamon and flour; mix well.
- Add melted non-hydrogenated margarine; rub ingredients together.

## MUFFIN

- Combine flour, milled flax, sugar, baking powder, baking soda and salt; mix well.
- In a separate bowl, whisk together canola oil and egg.
- Add skim milk, lemon juice and vanilla. Whisk until well blended.
- Add dry ingredients to liquid. Stir until dry ingredients are thoroughly moistened.
- Add frozen berries. Gently fold into batter. Do not over mix.
- Spray muffin tin with non-stick vegetable spray.
- Fill each muffin cup with 50 mL (1/4 cup) of batter.
- Bake for 20 minutes or until inserted toothpick comes out clean.
- Remove from oven. Cool on wire rack for 5 minutes.
- Remove from tin and cool to room temperature.

**YIELD:** 12 muffins

**SERVING SIZE:** 1 muffin

**FLAX CONTENT:** 5.8 g per serving

Calories	236.8
Fat	8.85 g
Saturated	1.04 g
Monounsaturates	3.86 g
Polyunsaturates	3.25 g
Omega-3	1.22 g
Cholesterol	16.00 mg
Sodium	300.2 mg
Potassium	139.8 mg
Carbohydrate	34.59 g
Fibre	2.96 g
Protein	5.25 g
Folate	72.8 DFE*

# Flax Molasses Muffins

125 mL	1/2 cup	Dark raisins
375 mL	1 1/2 cup	All purpose flour, sifted
160 mL	2/3 cup	Milled flax
5 mL	1 tsp	Baking powder
2 mL	1/2 tsp	Salt
160 mL	2/3 cup	Brown sugar
1	1	Egg
60 mL	1/4 cup	Molasses
250 mL	1 cup	Skim milk

- Preheat oven to 180°C (350°F).
- Cover raisins with hot water and soak for 1/2 hour.
- Combine flour, milled flax, baking powder and salt; mix well.
- In a separate bowl, beat together brown sugar and egg until sugar is dissolved.
- Add molasses; mix. Add skim milk and mix.
- Add dry ingredients to liquid; gently stir until dry ingredients are thoroughly moistened.
- Drain raisins.
- Add raisins to batter and stir.
- Spray muffin tin with non stick vegetable spray.
- Fill each muffin cup with 50 mL (1/4 cup) of batter.
- Bake for 20 minutes or until inserted toothpick comes out clean.
- Remove from oven. Cool on wire rack for 5 minutes.
- Remove from tin and cool to room temperature.

**YIELD:** 12 muffins

**SERVING SIZE:** 1 muffin

**FLAX CONTENT:** 6.7 g per serving

Calories	204.1
Fat	2.90 g
Saturated	0.39 g
Monounsaturates	0.63 g
Polyunsaturates	1.64 g
Omega-3	1.22 g
Cholesterol	16.00 mg
Sodium	168.7 mg
Potassium	323.7 mg
Carbohydrate	40.93 g
Fibre	2.63 g
Protein	4.72 g
Folate	70.2 DFE*

# Flax Lemon Poppy Seed Muffins

125 mL	1/2 cup	Dark raisins
375 mL	1 1/2 cups	All purpose flour, sifted
125 mL	1/2 cup	Milled flax
125 mL	1/2 cup	Sugar
7 mL	1 1/2 tsp	Baking powder
2 mL	1/2 tsp	Salt
250 mL	1 cup	Skim milk
1	1	Egg
15 mL	1 tbsp	Poppy seed
15 mL	1 tbsp	Lemon zest
5 mL	1 tsp	Vanilla

- Preheat oven to 180°C (350°F).
- Cover raisins with hot water and soak for 1/2 hour.
- Combine flour, milled flax, sugar, baking powder and salt; mix well.
- In a separate bowl, beat egg; then add skim milk, poppy seed, lemon zest and vanilla; mix well.
- Add dry ingredients to liquid. Gently stir until dry ingredients are thoroughly moistened.
- Drain raisins.
- Add raisins to batter and stir.
- Spray muffin tin with non-stick vegetable spray.
- Fill each muffin cup with 50 mL (1/4 cup) of batter.
- Bake for 18 minutes or until inserted toothpick comes out clean.
- Remove from oven. Cool on wire rack for 5 minutes.
- Remove from tin and cool to room temperature.

**YIELD:** 12 muffins

**SERVING SIZE:** 1 muffin

**FLAX CONTENT:** 5.8 g per serving

Calories	165.7
Fat	2.58 g
Saturated	0.29 g
Monounsaturates	0.48 g
Polyunsaturates	1.63 g
Omega-3	1.07 g
Cholesterol	0.42 mg
Sodium	178.2 mg
Potassium	146.1 mg
Carbohydrate	32.07 g
Fibre	2.54 g
Protein	4.25 g
Folate	66.6 DFE*



## Flax Orange Cranberry Loaf

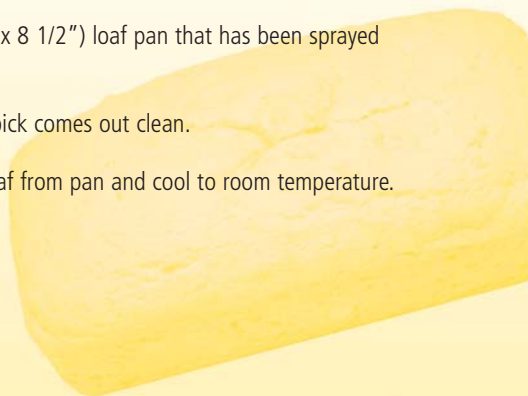
330 mL	1 1/3 cups	All purpose flour, sifted
160 mL	2/3 cup	Milled flax
12 mL	2 1/2 tsp	Baking powder
2 mL	1/2 tsp	Salt
80 mL	1/3 cup	White sugar
30 mL	2 tbsp	Brown sugar
1	1	Egg
180 mL	3/4 cup	Yogourt (fat free)
125 mL	1/2 cup	Skim milk
60 mL	1/4 cup	Orange juice
15 mL	1 tbsp	Orange zest
125 mL	1/2 cup	Cranraisins
80 mL	1/3 cup	Pecans (optional), crushed

- Preheat oven to 180°C (350° F).
- Combine flour, milled flax, baking powder and salt; mix well and set aside.
- In a separate bowl, beat together white sugar, brown sugar and egg until both sugars are dissolved.
- Add yogourt, skim milk, orange juice and orange zest into sugar and egg mixture; mix well.
- Add dry ingredients and fold until moistened.
- Add cranraisins and pecans; again fold in.
- Turn batter into 11.5 cm x 21.5 cm (4 1/2" x 8 1/2") loaf pan that has been sprayed with a non-stick vegetable spray.
- Level out batter.
- Bake for 55 minutes or until inserted toothpick comes out clean.
- Remove from oven.
- Cool on wire rack for 5 minutes. Remove loaf from pan and cool to room temperature.

**YIELD:** 1 Loaf – 14 slices (1.27 cm (1/2") thick)

**SERVING SIZE:** 1 slice

**FLAX CONTENT:** 5.7 g per serving



Calories	164.1
Fat	4.96 g
Saturated	0.65 g
Monounsaturates	1.9 g
Polyunsaturates	2.09 g
Omega-3	1.08 g
Cholesterol	14.35 mg
Sodium	195.7 mg
Potassium	132.8 mg
Carbohydrate	26.03 g
Fibre	2.8 g
Protein	4.41 g
Folate	58.0 DFE*

# Flax Banana Blueberry Loaf

330 mL	1 1/3 cups	All purpose flour, sifted
160 mL	2/3 cup	Milled flax
12 mL	2 1/2 tsp	Baking powder
2 mL	1/2 tsp	Salt
80 mL	1/3 cup	Sugar
1	1	Egg
250 mL	1 cup	Banana, mashed
180 mL	3/4 cup	Skim milk
5 mL	1 tsp	Lemon zest
180 mL	3/4 cup	Blueberries, frozen, unsweetened wild
80 mL	1/3 cup	Pecans (optional), chopped

- Preheat oven to 180°C (350° F).
- Combine flour, milled flax, baking powder and salt; mix well and set aside.
- In a separate bowl, combine sugar and egg; beat together until sugar is dissolved.
- Add banana, skim milk and lemon zest to sugar and egg mixture; mix well.
- Add dry ingredients and fold until moistened.
- Add blueberries and pecans; fold in.
- Turn batter into 11.5 cm x 21.5 cm (4 1/2" x 8 1/2") loaf pan that has been sprayed with a non-stick vegetable spray.
- Level out batter.
- Bake for 60 minutes or until inserted toothpick comes out clean.
- Remove from oven.
- Cool on wire rack for 5 minutes. Remove loaf from pan and cool to room temperature.

**YIELD:** 1 Loaf – 14 slices (1.27 cm (1/2") thick)

**SERVING SIZE:** 1 slice

**FLAX CONTENT:** 5.7 g per serving

Calories	153.2
Fat	4.87 g
Saturated	0.55 g
Monounsaturates	1.86 g
Polyunsaturates	2.12 g
Omega-3	1.09 g
Cholesterol	13.62 mg
Sodium	188.0 mg
Potassium	166.0 mg
Carbohydrate	24.61 g
Fibre	2.93 g
Protein	4.01 g
Folate	59.1 DFE*



## Flax Chocolate Chip Cookies

330 mL	1 1/3 cups	All purpose flour, sifted
160 mL	2/3 cup	Milled flax
80 mL	1/3 cup	Milk chocolate chips
15 mL	1 tbsp	Cocoa
7 mL	1 1/2 tsp	Baking soda
2 mL	1/2 tsp	Salt
125 mL	1/2 cup	Non-hydrogenated margarine, melted
125 mL	1/2 cup	Brown sugar
80 mL	1/3 cup	White sugar
7 mL	1 1/2 tsp	Vanilla
1	1	Egg

- Preheat oven to 180°C (350°F).
- Combine flour, milled flax, chocolate chips, cocoa, baking soda and salt; mix well.
- In a separate bowl, beat together brown sugar, white sugar and egg until both sugars are dissolved.
- Add melted non-hydrogenated margarine and vanilla to the egg mixture; mix well.
- Stir in dry ingredients. Knead dough with your hands to mix in ingredients.
- Cover dough and chill in refrigerator for 1/2 hour.\*\*
- Lightly spray cookie sheet with non-stick spray; wipe off excess.
- Lightly coat hands with vegetable oil or non-stick spray to handle cookies easier.
- Measure 15 mL (1 tbsp) chilled dough, roll and flatten (Canadian loonie coin size).\*\*\*
- Place on cookie sheet 5 cm (2") apart (15/tray).
- Bake for 12 minutes.
- Remove from oven and cool on wire rack for 5 minutes.
- Remove from tray and cool to room temperature.

\*\*NOTE: Cookies can be formed without chilling after the final mixing stage.

\*\*\*These cookies require forming because of the decreased amount of shortening.

**YIELD:** 29 cookies, 5 cm (2") diameter; 1.27 cm (1/2") thickness)

**SERVING SIZE:** 2 cookies

**FLAX CONTENT:** 5.5 g per serving

Calories	110.7
Fat	4.9 g
Saturated	0.97 g
Monounsaturates	2.01 g
Polyunsaturates	1.53 g
Omega-3	0.50 g
Cholesterol	16.9 mg
Sodium	154.0 mg
Potassium	58.3 mg
Carbohydrate	15.32 g
Protein	1.67 g
Fibre	1.12 g
Folate	26.3 DFE*

# Flax Ginger Cookies

330 mL	1 1/3 cups	All purpose flour, sifted
160 mL	2/3 cup	Milled flax
10 mL	2 tsp	Baking soda
5 mL	1 tsp	Cinnamon
5 mL	1 tsp	Ginger
5 mL	1 tsp	Cloves
2 mL	1/2 tsp	Salt
60 mL	1/4 cup	Non-hydrogenated margarine, melted
125 mL	1/2 cup	Brown sugar
1	1	Egg
80 mL	1/3 cup	Molasses

- Preheat oven to 170°C (325°F).
- Combine sifted flour, milled flax, baking soda, cinnamon, ginger, cloves and salt; mix well.
- In a separate bowl, beat together brown sugar and egg until sugar is dissolved.
- Add melted non-hydrogenated margarine and molasses to sugar and egg mixture; mix well.
- Stir in dry ingredients. Knead dough with your hands to mix in all ingredients and form a large ball.
- Cover dough and chill in refrigerator for about 1 hour.
- Remove from refrigerator.
- Lightly spray cookie sheet with non-stick vegetable spray; wipe off excess.
- Lightly coat your hands with vegetable oil or non-stick spray to handle cookies easier.
- Measure 15 mL (1 tbsp) chilled dough; roll and flatten (Canadian loonie coin size).\*
- Place on cookie sheet 5 cm (2") apart (about 15/tray).
- Bake for 10-11 minutes.
- Remove from oven and cool on wire rack for 5 minutes.
- Remove from tray and cool to room temperature.

\*NOTE: These cookies require forming because of the decreased amount of shortening.

**YIELD:** 26 cookies, 5 cm (2") diameter; 1.27 cm (1/2") thickness)

**SERVING SIZE:** 2 cookies

**FLAX CONTENT:** 6.2 g per serving

Calories	96.4
Fat	3.04 g
Saturated	0.41 g
Monounsaturates	1.15 g
Polyunsaturates	1.23 g
Omega-3	0.56 g
Cholesterol	7.19 mg
Sodium	183.1 mg
Potassium	115.9 mg
Carbohydrate	15.93 g
Protein	1.66 g
Fibre	1.16 g
Folate	29.2 DFE*

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Flax comes from the blue-flowered plant crop grown mainly in western Canada. Canadian brown flax seed is the favourite choice of consumers.

To fully benefit from eating flax, you'll need to grind the seeds; otherwise, the seeds can pass through the body undigested.

You can mill your own flax by running flax seeds through a blender or coffee grinder. The seeds grind quickly and easily. When sold prepackaged, milled flax is often named "Flax Meal."

Milled flax is best stored in the refrigerator or freezer because it is high in oil.

Flax seeds store well: whole seeds will keep for up to a year, milled seeds for at least three months.

Brown flax seeds provide the same nutritional benefits as golden (or yellow) ones. Both brown and golden flax seeds have plenty of dietary fibre and lignans, and the omega-3 oil, alpha-linolenic acid.

Omega-3 enriched eggs contain extra omega-3 nutrition from flax fed to hens. You can use omega-3 eggs wherever you would use regular eggs – there's no taste difference, only nutrition enrichment.

For more recipes or information contact:



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