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.

For additional nutrition information, contact:

Flax Council of Canada; 465-167 Lombard Avenue; Winnipeg, MB, Canada; R3B 0T6 Phone: (204) 982-2115 Fax: (204) 942-1841 Web site: www.flaxcouncil.ca

Saskatchewan Flax Development Commission; A5A-116 103rd St. East; Saskatoon, SK, Canada; S7N 1Y7 Phone: (306) 664-1901 Fax: (306) 664-4404 Web site: www.saskflax.com

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

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

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<th>Measurement</th>
<th>Grams</th>
<th>Ounces</th>
<th>Calories</th>
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<tr>
<td></td>
<td>15 mL</td>
<td>8</td>
<td>.3</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>5 mL</td>
<td>2.7</td>
<td>.1</td>
<td>12</td>
</tr>
<tr>
<td><strong>Whole Flax Seed</strong></td>
<td>250 mL</td>
<td>180</td>
<td>6.3</td>
<td>810</td>
</tr>
<tr>
<td></td>
<td>15 mL</td>
<td>11</td>
<td>.4</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>5 mL</td>
<td>4</td>
<td>.1</td>
<td>18</td>
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Flax Seed Crackers

Easy and delicious.

- 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

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<tr>
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<tr>
<td>Carbohydrate</td>
<td>7.9 g</td>
</tr>
<tr>
<td>Fibre</td>
<td>0.9 g</td>
</tr>
<tr>
<td>Fat</td>
<td>1.9 g</td>
</tr>
<tr>
<td>Polyunsaturates</td>
<td>1.1 g</td>
</tr>
<tr>
<td>Monounsaturates</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Saturates</td>
<td>0.2 g</td>
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<tr>
<td>Cholesterol</td>
<td>0.1 mg</td>
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<tr>
<td>Sodium</td>
<td>59 mg</td>
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<tr>
<td>Potassium</td>
<td>66 mg</td>
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<tr>
<td>Folate</td>
<td>14 µg</td>
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**Cracked Pepper and Flax Cheeseballs**

*Everyone will ask you for this simple recipe.*

- 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 cheese-ball, 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

<table>
<thead>
<tr>
<th>Single Serving Nutrient Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>Fibre</td>
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<td></td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Folate</td>
</tr>
</tbody>
</table>

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

<table>
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<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Polyunsaturates</th>
<th>Monounsaturates</th>
<th>Saturates</th>
<th>Cholesterol</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>162</td>
<td>4.7 g</td>
<td>28.8 g</td>
<td>3.0</td>
<td>1.4 g</td>
<td>0.9 g</td>
<td>0.5 g</td>
<td>17.8 mg</td>
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Sodium 214 mg
Potassium 107 mg
Folate 46 µg
Orzo, Lentil and Flax Soup

A tasty soup that will become a family favourite.

- 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)

<table>
<thead>
<tr>
<th>Single Serving Nutrient Values</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Saturates</td>
</tr>
<tr>
<td>Monounsaturates</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Folate</td>
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</table>
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 3/4 cup or raisins
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)

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<td>20.1 g</td>
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<tr>
<td>Protein</td>
<td>Polyunsaturates</td>
<td>Potassium</td>
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<tr>
<td>10.7 g</td>
<td>7.7 g</td>
<td>681 mg</td>
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<tr>
<td>Carbohydrate</td>
<td>Monounsaturates</td>
<td>Folate</td>
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<td>29.5 g</td>
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<td>92 µg</td>
</tr>
<tr>
<td>Fibre</td>
<td>Saturates</td>
<td></td>
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<tr>
<td>4.3 g</td>
<td>3.8 g</td>
<td></td>
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<tr>
<td></td>
<td>Cholesterol</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0 mg</td>
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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 2 tbsp
10 mL (2 tsp dry)*
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 6 cups
iceberg lettuce
127 mL can, sliced pitted ripe olives 4.5 oz
170 mL jar, marinated artichoke hearts 6 oz
(drain and reserve liquid)
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 12
6 mm (1/4 inch) strips
6 whole pickled peperoncini
peppers (optional)
red onion or green pepper rings
for garnish (optional)
• 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

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<tr>
<td>Fat 23.8 g</td>
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<tr>
<td>Polyunsaturates 2.9 g</td>
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<tr>
<td>Monounsaturates 9.0 g</td>
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<tr>
<td>Saturates 5.8 g</td>
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<tr>
<td>Cholesterol 232.4 mg</td>
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Use omega-3 eggs

(produced from a
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

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<td>- Saturates</td>
<td>7.2 g</td>
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<td>- Cholesterol</td>
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<tr>
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<td>Potassium</td>
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<tr>
<td>Folate</td>
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Oven Fried Chicken

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

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

• 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

<table>
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<td>Fat</td>
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<td>Polyunsaturates</td>
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<td>Potassium</td>
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<tr>
<td>Folate</td>
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**Ham ’n Swiss Meal-in-a-Loaf**

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

**DOUGH:**

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<td>salt</td>
<td>2 mL</td>
<td>1/2 tsp</td>
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<tr>
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<td>50 mL</td>
<td>1/4 cup</td>
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<tr>
<td>fast rising instant yeast</td>
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<td>mustard powder</td>
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**FILLING:**

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<td>shredded Swiss cheese</td>
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<td>diced dill pickles</td>
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<tr>
<td>egg (optional)</td>
<td>1 mL</td>
<td>1</td>
</tr>
</tbody>
</table>

- 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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Protein</td>
<td>10.9 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>25.4g</td>
</tr>
<tr>
<td>Fibre</td>
<td>1.8 g</td>
</tr>
<tr>
<td>FatPolyunsaturates</td>
<td>1.6 g</td>
</tr>
<tr>
<td>FatMonounsaturates</td>
<td>1.8 g</td>
</tr>
<tr>
<td>FatSaturates</td>
<td>2.2 g</td>
</tr>
<tr>
<td>FatCholesterol</td>
<td>17.8 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>387 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>162 mg</td>
</tr>
<tr>
<td>Folate</td>
<td>38 µg</td>
</tr>
</tbody>
</table>

Add ground flax seed to prepared foods such as macaroni and cheese, spaghetti sauces, and pancake mixes.
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

FILLING:
- 1 beaten egg 1
- 1 500 g container cream-style cottage cheese
- 50 mL grated Parmesan cheese 1/4 cup
- 45 mL snipped fresh parsley 3 tbsp
- 1 300 g package frozen, chopped spinach, drained
- 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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Protein</th>
<th>Carbohydrate</th>
<th>Fibre</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Cholesterol</th>
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<tr>
<td>407</td>
<td>14.0</td>
<td>27.9 g</td>
<td>44.4 g</td>
<td>4.6 g</td>
<td>604 mg</td>
<td>694 mg</td>
<td>55.2 mg</td>
<td>51 ug</td>
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</table>
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

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
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<td>684 mg</td>
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<td>Protein</td>
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<td>Potassium</td>
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<td>Monounsaturates</td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td>Cholesterol</td>
<td>3.3 mg</td>
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<td></td>
</tr>
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Use ground flax seed in

sauces, as a filler

in hamburgers and meat loaf,

or in gravies.
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
2 green onions, cut into 2
6 mm (1/4 inch) lengths
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

<p>| | | | | |</p>
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<th></th>
<th></th>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
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<td>266</td>
<td>Protein</td>
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<td></td>
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<tr>
<td>Carbohydrate</td>
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<td>Fat</td>
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<td></td>
</tr>
<tr>
<td>Fibre</td>
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<td>Polyunsaturates</td>
<td>4.0 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monounsaturates</td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Saturates</td>
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<tr>
<td></td>
<td></td>
<td>Cholesterol</td>
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<tr>
<td></td>
<td></td>
<td>Folate</td>
<td>44 µg</td>
<td></td>
</tr>
</tbody>
</table>
Clockwise from bottom left: Bulgar and Flax Pilaf – PG 10; 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
- 125 mL shredded carrot
- 125 mL chopped celery
- 1 small onion, chopped
- 25 mL butter
- 2 mL seasoned salt
- 3 mL poultry seasoning
- 0.5 mL black pepper
- 0.5 mL nutmeg
- 125 mL ground flax seed
- 50 mL chopped walnuts
- 75 mL chicken broth
- 175 mL raisins, softened in water and drained
- 625 mL chopped apple

• 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

<table>
<thead>
<tr>
<th>Calories</th>
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<td>Carbohydrate</td>
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<td>Folate</td>
<td>37 µg</td>
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<tr>
<td>Fibre</td>
<td>3.3 g</td>
<td>Saturates</td>
<td>1.6 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cholesterol</td>
<td>4.6 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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 tsp
1 medium onion, cut into 1
thin wedges
0.5 small zucchini, halved 1/2
lengthwise and cut into
1 cm (1/2 inch) slices
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 tsp

- 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)

<table>
<thead>
<tr>
<th>Single Serving Nutrient Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 144</td>
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<tr>
<td>Protein 5.5 g</td>
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<td>Carbohydrate 18.1 g</td>
</tr>
<tr>
<td>Fibre 5.9 g</td>
</tr>
</tbody>
</table>

Sprinkle whole flax seed into soups just before serving, although cooking it into the soup is not recommended.
**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.

*Any herb may be substituted

Yield: 1 L (4 cups) 5 servings
Serving Size: 175 mL (3/4 cup)

Single Serving Nutrient Values

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Protein</td>
<td>7.3 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>30.0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>7.0 g</td>
</tr>
<tr>
<td>Polyunsaturates</td>
<td>3.7 g</td>
</tr>
<tr>
<td>Monounsaturates</td>
<td>2.4 g</td>
</tr>
<tr>
<td>Saturates</td>
<td>1.1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>577 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>401 mg</td>
</tr>
<tr>
<td>Folate</td>
<td>34 µg</td>
</tr>
</tbody>
</table>
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)
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

| Nutrient       | Value   | Daily Value
|----------------|---------|-------------
| Calories       | 275     |             |
| Protein        | 6.1 g   |             |
| Carbohydrate   | 44.5 g  |             |
| Fibre          | 5.7 g   |             |
| Fat            | 11.5 g  |             |
| Polyunsaturates| 5.6 g   |             |
| Monounsaturates| 4.0 g   |             |
| Saturates      | 1.4 g   |             |
| Cholesterol    | 23.6 mg |             |
| Sodium         | 236 mg  |             |
| Potassium      | 439 mg  |             |
| Folate         | 54 µg   |             |
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℃ (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

<table>
<thead>
<tr>
<th>Calories</th>
<th>174</th>
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<tr>
<td>Protein</td>
<td>2.7 g</td>
<td>Polyunsaturates</td>
<td>2.9 g</td>
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<tr>
<td>Carbohydrate</td>
<td>25.3 g</td>
<td>Monounsaturates</td>
<td>2.7 g</td>
</tr>
<tr>
<td>Fibre</td>
<td>0.8 g</td>
<td>Saturates</td>
<td>1.2 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cholesterol</td>
<td>17.9 mg</td>
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</table>

Sodium 223 mg
Potassium 85 mg
Folate 14 µg
Apple and Flax Pancakes

A light and airy pancake.

<table>
<thead>
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<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>all-purpose flour</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>flax seed, coarsely ground</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>granulated sugar</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>baking powder</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>salt</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>cinnamon</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>nutmeg</td>
<td></td>
</tr>
<tr>
<td>eggs, separated, whites</td>
<td>2</td>
</tr>
<tr>
<td>beaten stiffly</td>
<td></td>
</tr>
<tr>
<td>2% milk</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>butter, melted</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>pared and shredded apple</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

(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

<table>
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<th>Calories</th>
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<th>Fat</th>
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<th>Polyunsaturates</th>
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<th>Monounsaturates</th>
<th>3.8 g</th>
<th>Saturates</th>
<th>2.5 g</th>
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<th>Sodium</th>
<th>472 mg</th>
<th>Potassium</th>
<th>266 mg</th>
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Pizza Bread

A loaf for pizza lovers.

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

• 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

<table>
<thead>
<tr>
<th>Single Serving Nutrient Values (Slice)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 119</td>
</tr>
<tr>
<td>Protein 4.9 g</td>
</tr>
<tr>
<td>Carbohydrate 16.8 g</td>
</tr>
<tr>
<td>Fibre 1.6 g</td>
</tr>
<tr>
<td>Fat 3.9 g</td>
</tr>
<tr>
<td>Polyunsaturates 1.9 g</td>
</tr>
<tr>
<td>Monounsaturates 1.1 g</td>
</tr>
<tr>
<td>Saturates 0.7 g</td>
</tr>
<tr>
<td>Cholesterol 13.9 mg</td>
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<tr>
<td>Sodium 177 mg</td>
</tr>
<tr>
<td>Potassium 191 mg</td>
</tr>
<tr>
<td>Folate 24 µg</td>
</tr>
</tbody>
</table>

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.)
Two-hour Buns

Simple and delicious... nothing beats fresh buns!

Ingredients:
- 25 mL fast rising instant yeast
- 2 L all-purpose flour
- 175 mL ground flax seed
- 125 mL granulated sugar
- 2 eggs
- 5 mL salt
- 750 mL lukewarm water

Instructions:
- 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

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<tr>
<td>Fibre</td>
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<tr>
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<tr>
<td>Polyunsaturates</td>
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<tr>
<td>Saturates</td>
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<td>Potassium</td>
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<td>Folate</td>
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**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*

<table>
<thead>
<tr>
<th>Single Serving Nutrient Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
</tr>
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<td>Protein</td>
</tr>
<tr>
<td>Carbohydrate</td>
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<tr>
<td>Fibre</td>
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<td></td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Folate</td>
</tr>
</tbody>
</table>
**Flax Cinnamon Buns** *(BREAD MACHINE)*

*Just like mom’s, without the fuss!*

**DOUGH:**
- 175 mL 2% milk  
- 1 egg  
- 750 mL all-purpose flour  
- 175 mL ground flax seed  
- 2 mL salt  
- 45 mL granulated sugar  
- 60 mL margarine or butter  
- 10 mL fast rising instant yeast

**FILLING:**
- 45 mL margarine or butter  
- 75 mL granulated sugar  
- 15 mL cinnamon  
- 2 mL nutmeg (optional)

**ICING SUGAR GLAZE:**
- 250 mL icing sugar  
- 25 mL 2% milk  
- 2 mL vanilla

- 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          |
| Protein                       | 7.2 g           | Polyunsaturates | 5.8 g           |
| Carbohydrate                  | 50.6 g          | Monounsaturates | 3.9 g           |
| Fibre                         | 3.6 g           | Saturates       | 2.0 g           |
|                               |                 | Cholesterol     | 19.0 mg         |
| Sodium                        | 193 mg          | Potassium       | 255 mg          |
|                               |                 | Folate          | 67 µg           |

Add whole or ground flax seed to breads, muffins, cookies, and pancakes – or sprinkle the seed on top.
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

<table>
<thead>
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<th>Fat</th>
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<tbody>
<tr>
<td>Polyunsaturates</td>
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<tr>
<td>Monounsaturates</td>
<td>2.3 g</td>
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<tr>
<td>Saturates</td>
<td>3.5 g</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<td>Potassium</td>
<td>174 mg</td>
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<tr>
<td>Folate</td>
<td>33 µg</td>
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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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Folate</th>
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<tbody>
<tr>
<td>121</td>
<td>4.4 g</td>
<td>121 mg</td>
<td>102 mg</td>
<td>15 µg</td>
</tr>
<tr>
<td>Protein</td>
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<td>Carbohydrate</td>
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<tr>
<td>Fibre</td>
<td>1.4 g</td>
<td></td>
<td></td>
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</table>
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

<table>
<thead>
<tr>
<th>Calories</th>
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<th>Fat</th>
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</tr>
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<tbody>
<tr>
<td>Protein</td>
<td>2.7 g</td>
<td>Polyunsaturates</td>
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<tr>
<td>Carbohydrate</td>
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<td>Fibre</td>
<td>0.9 g</td>
<td>Saturates</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
<td>114 mg</td>
<td>Potassium</td>
<td>109 mg</td>
</tr>
<tr>
<td>Folate</td>
<td>11 µg</td>
<td></td>
<td></td>
</tr>
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</table>
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

<table>
<thead>
<tr>
<th>Calories</th>
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<td>Polyunsaturates</td>
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<td>Monounsaturates</td>
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</tr>
<tr>
<td>Saturates</td>
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<td>183 mg</td>
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<tr>
<td>Folate</td>
<td>26 µg</td>
</tr>
</tbody>
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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)
500 mL cornflakes, crushed to make 2 cups
250 mL (1 cup) crumbs
4 large or 6 small apples to make 1.25 L (5 cups) of sliced apples
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*

<table>
<thead>
<tr>
<th>Single Serving Nutrient Values</th>
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<tbody>
<tr>
<td>Calories</td>
</tr>
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<tr>
<td>Carbohydrate</td>
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<td></td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Folate</td>
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</tbody>
</table>
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 2 cups
250 mL (1 cup)
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

<table>
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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.