

Link to download of flax cookbook:

<http://www.ameriflax.com/FLAX.cookbook.pdf>

Link to Super Potent Flaxseed Muffins

<http://www.goldenflax.com/Recipes/pdf-files/SuperPotentFlaxMuffn.pdf>

Banana - Date Flaxseed Bread

- ¾ cup Flaxseed - ground
- 2/3 cup Banana - mashed
- ½ cup Sugar
- ¼ cup Vegetable oil
- 2 Eggs
- 1½ cups Flour
- ¼ cup flaxseed - whole seeds
- ½ tsp. Baking powder
- ½ tsp. Baking soda
- ½ tsp. Salt
- ½ cup whole pitted dates - chopped (or use different dried fruit)

Beat the banana, sugar, oil and eggs at medium speed until well-blended. Combine flour, ground flaxseeds, whole flaxseeds, baking powder, baking soda and salt. Gradually add to sugar mixture, beating until well-blended. Stir in chopped dates. Spoon the batter into 8 x 4 inch loaf pan coated with cooking spray. Bake at 350 degrees for 55 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack, and remove from pan. Cool completely on wire rack.

Orange Cranberry Flax Muffins

- 1 cup Cranberries - chopped coarsely
- ¼ cup Sugar
- ¼ cup Orange juice
- 2 ¾ cups Flour
- ½ cup Flaxseed - ground
- ½ cup Sugar
- 2 tsp. Baking powder
- 1 tsp. Baking soda
- ½ tsp. Salt
- 1 tsp. Orange peel - grated
- 1 Egg - beaten
- ¼ cup Canola oil
- 1 ¼ cups Orange juice

Blend together cranberries, sugar and orange juice. Mix together flour, flaxseed, sugar, baking powder and soda, salt and orange peel. Combine beaten egg, oil and orange juice. Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened. Do not over mix. Fold in cranberry mixture with a few strokes.

Fill muffin cups $\frac{3}{4}$ full. Bake at 375 degrees for 30 - 35 minutes.

Flax Meal Peanut Butter Hot Cereal

- 1/4 C flax seed meal
- 1/2 C boiling water
- 2 T peanut butter
- 1/4 t cinnamon

PREPARATION:

Note that a half recipe would be 2 T flax meal, 1/4 C water, and 1 T peanut butter.

1. Pour boiling water over flax seed meal and stir well.
2. Stir in peanut butter and cinnamon.
3. Let thicken for 1-2 minutes.

Flax Meal Pizza Crust

- 1 and 1/2 C flax seed meal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon oregano
- Sweetener to equal about 1 Tablespoon of sugar
- 3 Tablespoons of oil
- 3 eggs
- 1/2 C water

PREPARATION:

Preheat oven to 425 F.

1. Mix dry ingredients together.
2. Add wet ingredients, and mix very well.
3. Let sit for about 5 minutes to thicken.
4. Spread on pan (I put it on a silicon mat or greased parchment paper).
5. Bake for 15-18 minutes until cooked through, then add toppings and cook until they

are done.

Nutritional Analysis: Whole crust has 7 grams of effective carbohydrate, plus 52 grams fiber, 47 grams protein, and 130 grams fat.

Flax seed Meat Loaf - One of life's simple pleasures... just like grandma's!

Lean ground beef	2 lbs
Skim milk	1 cup
Ground flax seed	1/2 cup
Dry bread crumbs	1/2 cup
Chopped onion	1/2 cup
Egg, beaten	1
Worcestershire sauce	1 tbsp
Black pepper	1 tsp
Garlic powder	1 tsp
Dry mustard	1 tsp
Celery salt	1/2 tsp
Ground thyme	1/4 tsp
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

Oven Fried Chicken

Yields	6 Servings
Serving Size	1 to 2 Pieces
1	Beaten Egg
3 Tbs.	Skim Milk
1/2 C	Ground Flaxseed
1/2 C	Finely Crushed Unsalted Crackers
1/4 tsp.	Black Pepper
1 Tbs.	Dried Parsley Flakes
1 tsp.	Paprika
1 tsp.	Chili Powder
1 tsp.	Garlic Powder
1 tsp.	Seasoned Salt
2-3 lbs.	Chicken Pieces
2 Tbs.	Melted Butter*

- Preheat oven to 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 15 x 10 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.***

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Pancake or Waffle Mix

1 1/2 Cup	Whole Wheat flour
1/2 Cup	Ground Flax Seed (contains 35% oil)
1 1/2 Cup	Pancake Mix or All Purpose Flour
1/4 Tsp.	Baking Powder
1/4 Tsp.	Baking Soda
1 Tbs.	Sugar
1/4 Tsp.	Salt
2 Tbs.	Olive or Canola Oil
1	Egg or 2 Egg Whites To Reduce Cholesterol And Saturated Fat
3 - 4 Cups	(Approx.) Buttermilk To Preferred Consistency

****BAKE on griddle or electronic skillet at 375° to 400°F, or cook waffles on waffle iron.***

Flax Prairie Bread (Bread Machine)

Yields:	1 Loaf (16 Slices)
Serving Size	1 Slice
1 1/4 C	Water
2 Tbs.	Honey
2 Tbs.	Canola Oil
2 C	Bread Flour
1 C	Whole Wheat Flour
1 1/2 tsp.	Salt
1/3 C	Flaxseed
2 Tbs.	Sunflower Seeds
1 Tbs.	Poppy Seeds
2 tsp.	Fast Rising Instant Yeast

- 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.