

WHEAT FREE – CONTAINS PURE OATS

APPLE CRISP

Yield: 12 servings

apples	1.5	L	6	cups
nutmeg or cinnamon			as desired	
brown sugar	125	ml	1/2	cup
white flour	125	ml	1/2	cup
flaxflour	125	ml	1/2	cup
rolled oats	125	ml	1/2	cup
soft butter	60	ml	1/3	cup
extra cinnamon			as desired	

- 1 Preheat oven to 180°C (350°F).
- 2 Wash, core and slice the apples into an oven proof baking dish. Sprinkle the apples with nutmeg or cinnamon.
- 3 In a bowl, mix the brown sugar, white flour, flax flour and rolled oats.
- 4 Add the soft butter and rub in until the butter is well blended with the flour.
- 5 Put the flour mixture on top of the sliced apples. Press lightly.
- 6 Bake for 45 minutes, or until the apples are soften.

Some Notes and TIPS for Cooking and Baking With Flax

How much flax flour should I use?

Most people find it convenient and beneficial to use about 2 to 3 tablespoons per day. This amount provides approximately 6 grams of flax oil, 3 grams as omega-3 fatty acids and over 4 grams of fibre. To receive the cholesterol lowering benefits from the fibre, Health Canada recommends that you use up to 5 tablespoons each day.

How do I use flax flour?

Flax flour, ground or milled flax seed, is the most effective way to incorporate flax into your diet. Milled flax can be produced in small quantities using a blender or domestic coffee grinder.

Flax flour can be added to many baked goods. When adding flax flour, always increase the amount of liquid by an amount equivalent to the volume of flax flour you have added. Flax flour improves loaf volume, oven spring, and keeping qualities. It also enhances the flavor, appearance, and nutritive value of foods.

If substituting flax flour for rice or other gluten free flour, less additional liquid may be required, depending on the proportion of flax flour you are adding. Much of the oil in a recipe can be removed when flax flour is added.

Flax flour can be added to many food products in small amounts without substitution. Blend a tablespoon or two of flax flour into your biscuits, dough boys, muffins, casseroles, crisps, cakes, cookies, or pancakes.

May We Suggest...

Many of the people who regularly use flax flour have their own ways of including it in their diet. Here are a few of their suggestions.

Breakfast Drinks: Mix flax flour into your morning juice.

Toast: Mix flax flour with the jam or jelly you spread on your toast.

Dry Cereal: Mix flax flour with yogurt and milk or water to fibre up your cereal.

Muffins: Add flax flour to your gluten free muffin mixes.

Meatloaf: Use flax flour as a nutritional extender in your meatloaf.

“Breeding” for Fish or chicken:

Mix your favourite seasonings with flax flour to make a breeding for meat or fish.

Replace other fibre sources with Flax Flour to enhance the nutritional quality of your meal or snack.

When you add flax flour to a recipe, increase the liquid by an equal amount.

Using rice flour? Try substituting buckwheat flour for a smoother texture.

WHEAT FREE – CONTAINS PURE OATS

Fruit & Seed Bars

Yield: 21 bars

250 ml	dried fruit, chopped	1	cup
250 ml	dry roasted seeds, non-salted	1	cup
2 ml	cinnamon	1/2	tsp
500 ml	pure oat meal	2	cups
80 ml	chocolate chips	1/3	cup
60 ml	flax flour	1/4	cup
80 ml	warm water	1/3	cup
5 ml	vanilla	1	tsp
60 ml	honey	1/4	cup

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

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

School friendly

WHEAT FREE – CONTAINS PURE OATS

Lemon-Blueberry Loaf

using Valley Kitchen Cake & Loaf Mix

Yield: 1 medium loaf

240 g	Valley Kitchen Cake & Loaf Mix	1 2/3	cup
250 ml	milk, 1 %	1	cup
1	large egg	1	large
30 ml	lemon zest and juice	2	Tbsp
125 ml	blueberries, fresh, frozen, or dried	1/2	cup
20 ml	lemon juice	4	tsp
20 ml	white sugar	4	tsp

1. In a large mixing bowl, combine the Light Cake Mix, milk, egg, lemon zest and juice.
2. Beat with an electric mixer or by hand for 2 to 3 minutes.
3. Stir in the blueberries.
4. Pour the batter into a medium, oiled, non-stick loaf pan.
5. Bake at 350°F for 60 to 65 minutes.
6. Cool for 5 minutes and turn out onto a rack.

Combine the remaining lemon juice and the sugar. Heat, mixing until the sugar is dissolved. Brush over the top of the loaf.

Tea Infusion

Add 5 - 10 ml (1 - 2 teaspoons) of whole flax or milled seeds to your tea while it steeps. Strain the tea to enjoy the soothing benefits of the mucilage, which will help calm coughs and sore throats. This is a great home remedy to help soothe an upset stomach or fight the winter sniffles.

Flax flour is a low carbohydrate source of high quality protein, soluble and non soluble fibre, anti-oxidant lignans, and the essential omega-3 fatty acids.

SUBSTITUTION: Using **flax flour to replace oil** is a simple and effect way to reduce the fat in a recipe. Some, or all, of the fat can be replaced using flax flour.

Add 45 ml (3 Tbsp) of flax flour to replace every 15 ml (1 Tbsp) of margarine, butter or cooking oil.

SUBSTITUTION: Using **flax flour to replace egg** is a simple and effect way to reduce the saturated fat in a recipe.

Mix 15 ml (1 Tbsp) of flax flour in 45 ml (3 Tbsp) of warm water and let it set for a couple minutes. This mixture will replace one egg.

Fruit Smoothie

Yield: 1 – 2 servings

Fresh or frozen fruit	enough for one or two people (banana, apple, orange, kiwi, pineapple or other available fruit)	
Fruit juice	60 to 125 ml	1/4 to 1/2 cup
Yogurt or Tofu (optional)	60 to 125 ml	1/4 to 1/2 cup
Flax flour	60 to 90 ml	4 to 6 Tbsp
Ice (optional)		

1. In a blender, combine the washed or peeled fruit with the fruit juice, yogurt or tofu, and flax flour. Add ice, as desired.
2. Blend until smooth.

Thin with additional juice, as required.

Naturally loaded with vitamins and minerals, the addition of flax flour to your smoothie enhances the fibre, omega-3 oil, protein, and anti-oxidant content of this increasingly popular beverage.

Blueberry Cooler

Yield: 2 servings

250 ml	Milk, 1 %	1	cup
250 ml	Frozen yogurt, vanilla	1	cup
125 ml	Fresh or frozen blueberries	1/2	cup
20 ml	Golden flax flour	4	tsp

1. Place all ingredients in a blender and process until smooth.
2. Serve immediately with a fresh sprig of crushed mint.

WHEAT FREE – CONTAINS PURE OATS

Banana Muffins

using Valley Kitchen Cake & Loaf Mix

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

3	bananas, mashed	3	
1	egg, large	1	
125 ml	sugar (optional)	1/2	cup
5 ml	vanilla	1	tsp
310 cup	milk or water	1 1/4	cup
480 g	Valley Kitchen Cake & Loaf Mix	1	package

1. In a large mixing bowl, combine the mashed bananas, egg, sugar, vanilla and milk.
2. Add the mix and beat for 2 to 3 minutes.
3. Scoop into oiled, non-stick muffin tins.
4. Bake at 350°F for 23 to 25 minutes for large muffins, 15 minutes for minis.

Cool for 5 minutes and remove from the tins to a rack.

WHEAT FREE – CONTAINS PURE OATS

Pumpkin-Ginger Muffins

using Valley Kitchen Cake & Loaf Mix

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

Valley Kitchen Cake & Loaf Mix (one 480 g package)	3 ½	cup
white sugar	1	cup
baking soda	1	tsp
pumpkin pie spice	2	tsp
nutmeg	1	tsp
cinnamon	2	tsp
large eggs	2	
pumpkin puree, pure	1	cup
vanilla	2	tsp
orange juice	1 1/4	cup
candied ginger, finely chopped	1/4	cup
cream cheese icing		

1. Preheat the oven to 400°F.
2. Lightly oil 12 non-stick muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen Cake & Loaf Mix, sugar, baking soda and spices. Mix.
4. Add the eggs, pumpkin, vanilla, orange juice and ginger.
5. Mix for a couple minutes until the batter ingredients are well blended.
6. Using an ice cream scoop, fill each muffin cup level full. This will take a rounded scoop in each cup.
7. Bake in the pre-heated oven for 25 minutes.

Cool and top with cream cheese icing.

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

Strawberry Smoothie

Yield: 2 servings

500 ml	fresh strawberries	2	cups
125 ml	vanilla yogurt	1/2	cup
30 ml	golden Flax Flour	2	Tbsp
65 ml	sugar, white	1/4	cup
2.5 ml	vanilla extract	1/2	tsp
125 ml	water	1/2	cup
	chopped ice - optional		
125 ml	Champagne or sparkling water	1/2	cup

1. Combine the fresh strawberries, yogurt, flax flour, sugar, vanilla extract and water in a blender. Blend to puree.
2. Stir in the chopped ice, champagne or sparkling water, as desired.
3. Divide between 2 tall glasses.
4. Serve immediately.

Combining the extraordinary functional benefits of strawberries and flax, this smoothie is a powerhouse of nutrients.

Eggnog Smoothie

Yield: 2 servings

500 ml	prepared eggnog, light	2	cups
65 ml	golden flax flour	1/4	cup
1	golden delicious apple, washed, cored & chopped	1	
15 ml	Bourbon (optional)	1	Tbsp
	crushed ice, whipped cream & cinnamon (optional)		

1. Combine the eggnog, flax flour and apple in a blender. Process until smooth.
2. Optional: add Bourbon and crushed ice, as desired.
3. Optional: top with whipped cream and cinnamon.
4. Serve with a straw.

Hot Cereal

Yield: 1 serving

water	1 cup
cereal	2 Tbsp
flax flour	2 Tbsp

1. Boil the water and stir in the cereal.
2. Cook over low heat, stirring, for 4 to 5 minutes.
3. Remove from heat and stir in the flax flour.

Cold Cereal

Simply sprinkle 2 to 3 Tbsp of flax flour over your favorite cold cereal, and add milk, sugar or fruit.

Applesauce

Top 1 cup of applesauce with 2 to 3 Tbsp of flax flour. Add your favorite sweetener, and sprinkle with cinnamon. Fold the ingredients together and serve.

Yogurt

Top a serving of yogurt with 2 to 3 Tbsp of flax flour. Fold together and serve.

WHEAT FREE – CONTAINS PURE OATS

Cup Cakes that taste like Donuts

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large or 48 mini cup cakes

480 ml	3 1/2 cups	Valley Kitchen Cake & Loaf Mix (one 480 g package)
5 ml	1 tsp	nutmeg
5 ml	1 tsp	cinnamon
180 ml	3/4 cup	white sugar (first amount)
375 ml	1 1/2 cup	water
2	2	large eggs
		butter flavoured spray oil
60 ml	1/4 cup	white sugar (second amount)
5 ml	1 tsp	cinnamon

1. Preheat oven to 350°F.
2. Lightly spray non-stick muffin tins with oil.
3. In a large bowl, combine Valley Kitchen Cake & Loaf Mix, nutmeg, cinnamon and sugar.
4. Mix in the water and egg; beat until well combined.
5. Scoop batter into the prepared muffin tins.
6. Bake large muffins for 25 to 27 minutes; mini muffins for 14 to 16 minutes.
7. Lightly spray the top with oil.
8. Combine the sugar and cinnamon in a large plastic or clean paper bag. Add 6 to 8 cup cakes at a time and shake to coat.
9. Remove to a rack to cool.

The cup cakes will absorb the sugar so it is best to shake in the sugar mixture just before serving.

WHEAT FREE – CONTAINS PURE OATS

Gingerbread Cup Cakes

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large cup cakes

875 ml	Valley Kitchen Cake & Loaf Mix (one 480 g package)	3 ½	cups
20 ml	ginger powder	4	tsp
7.5 ml	cinnamon	1 ½	tsp
430 ml	water	1 ¾	cups
180 ml	molasses, fancy	¾	cup

1. Preheat the oven to 350°F.
2. Lightly spray with oil, 12 large non-stick muffin tins.
3. In a large bowl, combine the Valley Kitchen Cake & Loaf Mix with the spices.
4. Add the water.
5. Beat, on low, for 2 minutes.
6. Stir in the molasses.
7. Scoop the batter into the prepared muffin tins. Fill each tin.
8. Bake for 25 to 27 minutes.
9. Cool for 5 to 6 minutes and remove the muffins to a rack to finish cooling.

No eggs

No added oil

CONTAINS WHEAT

Pancakes Using Complete Pancake Mix

Yield: 10, 4 inch pancakes

310	ml	water	1 1/4	cups
60	ml	Valley flax flour, brown or golden	1/4	cup
1	ml	cinnamon	1/4	tsp
30	ml	apple sauce	1/8	cup
250	ml	complete pancake mix	1	cup
As required		vegetable oil for the griddle (spray is good)		

1. Place the water in a bowl. Stir in the flax flour, cinnamon, apple sauce.
2. Wisk in the pancake mix. Do not over beat or the pancake will be tough.
3. Lightly spray or wipe the griddle or pan with oil.
4. Ladle about 60 ml (1/4 cup) of the batter onto the hot griddle. Turn when the top begins to show bubbling.

For an attractive, nutritious breakfast, serve with fruit, syrup and yogurt.

These delicious pancakes are standard issue at our local elementary school breakfasts as well as the monthly menu.

CONTAINS WHEAT

Waffles

Yield: 4 waffles (2 servings)

185 ml	milk, 1%	3/4	cup
60 ml	Valley flax flour, brown or golden	1/4	cup
1	large egg	1	
5 ml	sugar	1	tsp
30 ml	canola oil	2	Tbsp
80 ml	quick oats	1/3	cup
80 ml	whole wheat flour	1/3	cup
5 ml	baking powder, sifted	1	tsp

1. In a bowl, combine the milk, Valley flax flour, egg, sugar, and canola oil.
2. Add the quick oats, whole wheat flour and sifted baking powder. Stir to blend.
3. Spray the waffle iron with oil. When hot, add the batter and cook according the manufacturers instructions. For a 2-waffle iron, add half of the batter (about 2/3 cup). For a 4-waffle iron, cook all of the batter at once.

Serve with syrup, yogurt, fresh fruit, or topping of your choice.

You can **substitute water for the milk**, but the waffle will not brown. To have brown waffles, add 15 ml (1 Tbsp) of honey.

You can **remove the egg**, but add an extra 30 ml (2 Tbsp) of hot milk or water with 15 ml (1 Tbsp) of flax flour stirred in.

WHEAT FREE – CONTAINS PURE OATS

Chocolate Chip Cup Cakes

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large or 48 mini cup cakes

875 ml	Valley Kitchen Cake & Loaf Mix (one 480 g package)	3 ½	cups
5 ml	baking soda	1	tsp
125 ml	white sugar (optional)	½	cup
375 ml	sifted cocoa powder	1 ½	cup
600 ml	water	2 ½	cups
2	eggs, large	2	
10 ml	vanilla	2	tsp
250 ml	chocolate chips	1	cup

1. Preheat the oven to 350°F.
2. Lightly spray with oil 12 large or 48 mini, non-stick muffin tins.
3. In a large bowl combine the Valley Kitchen Cake & Loaf Mix, baking powder, baking soda, sugar and sifted cocoa. Stir to blend.
4. Mix in the water, eggs and vanilla; beat until well combined.
5. Stir in the chocolate chips.
6. Scoop the batter into the prepared muffin tins.
7. Bake large muffins 25 to 27 minutes; mini muffins 14 to 16 minutes.
8. Remove to a rack to cool.

Ice with chocolate frosting or sprinkle with icing sugar, as desired.

Push chunks of chocolate into the top of each cup cake to make a chocolate volcano.

WHEAT FREE – CONTAINS PURE OATS

Chocolate Cake

using Valley Kitchen Cake & Loaf Mix

Yield: 2 x 8 inch round cakes

870 ml	Valley Kitchen Cake & Loaf Mix (one 480 g package)	3 1/2	cup
110 g	sifted cocoa	1 1/2	cups
10 ml	vanilla	2	tsp
2	eggs, large	2	
675 ml	milk, 1 % or water	2 3/4	cups

1. Combine all ingredients in a large bowl.
2. Beat on low for 2 minutes.
3. Pour batter into oiled, non-stick cake pan.
4. Bake at 350°F for 45 minutes.
5. Cool completely before icing.

No extra oil

Change the vanilla to any other flavoring as suites your taste.

GLUTEN FREE

Pancake with Egg and Flax Flour

Yield: 1 or 2 servings

Eggs	2	2
Valley Flax Flour	60 ml	4 Tbsp
Cheese, grated	30 ml	2 Tbsp
Fresh herbs – chives, thyme, basil		to taste
Salt and pepper		to taste
Vegetable oil for the pan (optional)	5 ml	1 tsp

In a small bowl, combine the eggs and flax flour.

Stir in the grated cheese and herbs; season with salt and pepper.

Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

Serve with yogurt, fresh fruit, tomato slices, tomato salsa or syrup.

This makes a very quick, hearty and delicious breakfast.

Lunch Pancake

Yield: 1 or 2 servings

Eggs	2	2
Valley Flax Flour	60 ml	4 Tbsp
Canned meat or fish	60 ml	4 Tbsp
Salt and pepper		to taste
Vegetable oil for the pan (optional)	5 ml	1 tsp

In a small bowl, combine the eggs and flax flour.

Stir in the meat or fish; season with salt and pepper.

Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

CONTAINS WHEAT

Banana Muffins

Yield: 12 large muffins

1		egg	1	
250	ml	milk, 1%	1	cup
60	ml	vegetable oil	1/4	cup
125	ml	sugar, white	1/2	cup
3		bananas, mashed	3	
5	ml	vanilla	1	tsp
250	ml	flax flour	1	cup
250	ml	white flour	1	cup
250	ml	whole wheat flour	1	cup
5	ml	baking soda	1	tsp
15	ml	baking powder	1	Tbsp

1. In one bowl, mix together the egg, milk, oil, sugar, bananas, and vanilla.
2. In another bowl, mix together the flour, baking soda, and baking powder.
3. Combine the wet and dry ingredients; mix until just blended.
4. Scoop the batter into 12 nonstick or paper lined muffins cups; fill each cup full.
5. Bake in a 200° C (400° F) oven for 20 to 25 minutes, or until firm to the touch.

WHEAT FREE – CONTAINS PURE OATS

Light Cake

using Valley Kitchen Cake & Loaf Mix

Yield: 2 x 8 inch round cakes

870 ml	Valley Kitchen Cake & Loaf Mix (one 480 g package)	3 1/2	cup
5 ml	vanilla	1	tsp
675 ml	milk, 1 % or water	2 3/4	cups

1. Combine all ingredients in a large bowl.
2. Beat on low for 2 minutes.
3. Pour batter into oiled, non-stick cake pan.
4. Bake at 350°F for 45 minutes.
5. Cool completely before icing.

No eggs
No extra oil

Change the vanilla to any other flavoring that suites your taste.

WHEAT FREE – CONTAINS PURE OATS

Waffles

using Valley Kitchen Cake & Loaf Mix

Yield: 2 servings (2 waffles per serving)

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

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

The batter should spread slowly over the waffle iron.

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

If you like really crispy waffles, leave them on the waffle iron a couple extra minutes or crisp in a toaster.

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

CONTAINS WHEAT

Oatmeal Berry Burst Muffins

Yield: 12 large muffins

375	ml	all-purpose flour	1 1/2	cups
175	ml	quick-cooking rolled oats	3/4	cups
10	ml	baking powder	2	tsp
2	ml	salt	1/2	tsp
2	ml	ground cinnamon	1/2	tsp
125	ml	packed brown sugar	1/2	cup
1		egg	1	
375	ml	milk	1 1/2	cup
125	ml	brown or golden flax flour	1/2	cup
125	ml	light mayonnaise	1/2	cup
250	ml	fresh or frozen raspberries or blueberries (or a combination)	1	cup

1. In a large bowl, combine flour, oats, baking powder, salt, and cinnamon.
2. In a medium bowl, whisk together brown sugar, egg, milk, flax flour, and mayonnaise until blended. Pour over flour mixture and stir until just combined. Fold in berries.
3. Divide batter evenly among 12 lightly greased, non-stick, or paper lined muffin cups.
4. Bake in preheated 200°C (400°F) oven for 25 to 27 minutes or until tops spring back when lightly touched.

Let cool in pans on a wire rack for 10 minutes, then transfer to a rack to cool completely.

The paper cup will stick to the muffins when first out of the oven. Leave for several hours if using paper cups.

This recipe has been modified to include flax flour. The original comes from the Dietitians of Canada website as a Nutrition Month resource. www.dietitians.ca

CONTAINS WHEAT

Pumpkin Muffins with Raisins and Ginger

Yield: 24 large muffins

500 ml	whole wheat flour	2	cups
125 ml	all-purpose flour	1/2	cup
250 ml	flax flour	1	cup
250 ml	granulated white sugar	1	cup
30 ml	baking powder	2	Tbsp
5 ml	baking soda	1	tsp
15 ml	ground cinnamon	1	Tbsp
5 ml	ground nutmeg	1	tsp
5 ml	ground ginger	1	tsp
125 ml	candied ginger, chopped	1/2	cup
1.5 ml	salt, optional	1/4	tsp
375 ml	raisins	1 1/2	cup
400 ml	pumpkin puree	1 2/3	cup
65 ml	vegetable oil	1/4	cup
750 ml	buttermilk	3	cups
3	large eggs	3	

1. Prepare 24 muffin tins by spraying lightly with oil.
2. Preheat the oven to 190°C (375°F).
3. In a large bowl, combine the whole wheat flour, all-purpose flour, flax flour, sugar, baking powder, baking soda, spices, salt, raisins and candied ginger.
4. In a 2nd bowl, blend the pumpkin puree, oil, buttermilk and eggs.
5. Make a well in the centre of the dry ingredients and pour in the wet ingredients. Fold together to blend. Do not over stir.
6. Scoop the batter into the muffin tins and bake in the preheated oven for 20 to 22 minutes or until firm to the touch.

Enjoy the candied ginger explosion in these nutritious muffins.

WHEAT FREE – CONTAINS PURE OATS

Cranberry Muffins

using Valley Kitchen Pancake & Cookie Mix

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

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

1. Preheat the oven to 400°F.
2. Measure the mix, sugar and cranberries into a bowl. Make a well in the centre.
3. Add the milk and eggs. Stir with a fork to break the eggs and blend the flour into the liquid.
4. Spray the non-stick mini-muffin tins with oil.
5. Scoop 30 ml (2 Tbsp) of batter into the muffin tins.
6. Place in the hot oven and bake for 12 minutes.

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

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

WHEAT FREE – CONTAINS PURE OATS

Cookies with Dried Fruit & Seeds

using Valley Kitchen Pancake & Cookie Mix

Yield: 12 cookies

500 ml	Valley Kitchen Pancake & Cookie Mix	2	cups
125 ml	brown sugar	½	cup
60 ml	dried cranberries, blueberries or raisins	¼	cup
60 ml	dry roasted sunflower seeds	¼	cup
125 ml	orange juice or milk	½	cup
	spray oil		

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

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

A delicious lunch treat

CONTAINS WHEAT

Harvey's Whole Wheat and Flax Bread Maker Loaf

Yield: 1 large loaf

280 ml	water	1 1/8	cup
125 ml	flax flour	1/2	cup
22.5 ml	powdered milk	1 1/2	Tbsp
15 ml	molasses	1	Tbsp
30 ml	honey	2	Tbsp
0.5 ml	salt	1/2	tsp
45 ml	butter or shortening	3	Tbsp
45 ml	gluten	3	Tbsp
690 ml	whole wheat flour	2 3/4	cups
5 ml	yeast	1	tsp

1. Insert the Baking Pan into the over chamber and secure.
2. Measure the water, flax flour, powdered milk, molasses, honey and salt into the bread maker pan. Mix to blend with a fork or small whisk.
3. Add the butter or shortening, whole wheat flour and yeast. Do not stir.
4. Select Whole Grain Setting and press start.

This loaf takes about 4 hours 10 minutes to bake. When finished, remove from the pan and cool on a wire rack.

Instructions and time may vary, according to the brand of bread maker being used. This recipe was tested using the Black and Decker ALL-IN-ONE Deluxe Auto Bread Maker.

CONTAINS WHEAT

Multi-Grain Beer Bread Maker Loaf

Yield: 1, 2 lb loaf

341 ml	Propeller Pilsner Beer , flat, warm to room temperature	1	Bottle
375 ml	Valley flax flour , fine milled Golden	1 1/2	cup
7.5 ml	salt	1 1/2	tsp
30 ml	honey	2	Tbsp
250 ml	whole wheat flour	1	cup
375 ml	white flour	1 1/2	cup
7.5 ml	quick yeast	1 1/2	tsp

1. Insert the Baking Pan into the oven chamber and secure.
2. Measure the warm flat beer into the baking pan and stir in the flax flour, honey and salt.
3. Add the wheat flour and yeast. Do not stir.
4. Select Medium Crust, Whole Grain setting and press start.
5. Check that the dough is not too moist during the first kneading. If it is sticky, add a bit of extra wheat flour, maybe 15 to 30 ml or 1 to 2 Tbsp.

This loaf takes about 3 1/2 hours to bake. When finished, remove from the pan and cool on a wire rack.

Instructions and time may vary, according to the brand of Bread Maker being used. This recipe was tested using the Black and Decker ALL-IN-ONE PRO™ B1650 (vertical loaf) and B2300 (double paddle, horizontal loaf) Automatic Bread Makers.

WHEAT FREE – CONTAINS PURE OATS

Muffins – Basic Recipe

using Valley Kitchen Pancake & Cookie Mix

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

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

1. Preheat oven to 400°F.
2. Lightly spray 12 non-stick muffin tins with oil.
3. Combine Valley Kitchen Pancake & Cookie Mix and sugar in a large bowl.
4. Mix in the eggs and milk, until well combined.
5. Place mixture into the prepared muffin pan.
6. Bake for 20 minutes.
7. Remove to a rack to cool.

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

Easy and delicious

WHEAT FREE – CONTAINS PURE OATS

Waffles

using Valley Kitchen Pancake & Cookie Mix

Yield: 2 servings (2 waffles per serving)

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

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

The batter should spread slowly over the waffle iron.

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

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

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

CONTAINS WHEAT

Bread Machine Brown Bread

Yield: 1, 2 lb loaf

1	egg	1	
415 ml	water	1 2/3	cup
185 ml	quick rolled oats	3/4	cup
125 ml	Valley flax flour	1/2	cup
60 ml	molasses	1/4	cup
30 ml	vegetable oil	2	Tbsp
2.5 ml	salt	1/2	tsp
875 ml	white flour	3 1/3	cups
7.5 ml	quick rise yeast	1 1/2	tsp

1. Place the egg and measure the water, quick rolled oats, flax flour, molasses, vegetable oil and salt into the baking pan. Stir to mix and wet the oats and flax flour.
2. Add the flour and yeast.
3. Set on whole grain setting with medium crust and bake according to instructions.
4. Remove from the pan as soon as the bread is baked to help prevent the bread from becoming soggy.

CONTAINS WHEAT

Pizza Dough

Yield: 1, 12 inch pizza

200 ml	warm water	3/4	cup
5 ml	sugar	1	tsp
1 ml	salt	1/4	tsp
5 ml	yeast, instant	1	tsp
15 ml	vegetable oil (olive)	1	Tbsp
80 ml	flax flour, brown or golden	1/3	cup
375 to 430 ml	wheat flour, white all purpose cornmeal	1 1/2 to 3/4	cup

1. Combine the warm water, sugar, salt, and yeast in a 1 L (4 cup) bowl.
2. Whisk in the oil and flax flour.
3. Stir in 1 1/2 cups of the wheat flour. On a lightly floured counter, work the dough until it is smooth and elastic, working in flour as needed to keep it from becoming sticky.
4. Rest the dough for 30 minutes, or so.
5. Pull, press or roll the dough into a medium size pizza, smaller if you prefer a thicker crust.
6. Top with sauce and your choice of ingredients.
7. Bake in an oven preheated to 200°C (400°F) for 18 to 20 minutes.

Adding flax flour helps to keep pizza dough tender and gives a very pleasant, wholesome flavour and appearance.

Use half whole wheat flour for a more earthy flavour and more nutritional value.

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Pancakes

using Valley Kitchen Pancake & Cookie Mix

Yield: 2, 5 inch (13 cm) pancakes

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

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

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

Feel full longer.

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

WHEAT FREE – CONTAINS PURE OATS

Bread Maker Loaf

using Valley Kitchen Bread Dough Mix

Yield: 1 medium loaf

480	g	Valley Kitchen Bread Dough Mix	1	package
360	ml	water at 48 to 54°C (120 to 130°F)	1 ½	cup

1. Measure the water into the bread maker pan.
2. Add the Valley Kitchen Bread Dough Mix.
3. Set the machine to quick, 2 hour, loaf, regular crust.
4. Start the machine.
5. When finished, turn the loaf onto a wrack to cool completely before slicing.

One package of the Valley Kitchen Bread Dough Mix makes one medium density loaf of bread. To increase the loaf size, use 1 ½ packages of mix and increase the water to 2 ¼ cups.

CONTAINS WHEAT

Soft Pretzels

Yield: Makes approx. 10 pretzels.

flax flour	1	cup
granulated sugar	2	tbsp
white flour	2-2 ½	cup
dry instant yeast	1	tbsp
warm water	1 1/3	cup
vegetable oil	1	tbsp
egg yolk	1	
water	1	tbsp

1. In a large bowl combine 1 cup of the white flour, all of the flax flour, sugar, salt and yeast.
2. Add the warm water and oil, then mix.
3. Add enough of the remaining white flour to make soft dough.
4. Turn out onto a well floured bread board and knead, adding flour as necessary to achieve a smooth, non-sticky dough.
5. Place the dough into a lightly oiled bowl and let rest in a warm place until doubled in size (approx. 45 minutes).
6. Preheat oven to 375° F.
7. Lightly spray a baking sheet with oil.
8. Divide dough into 10 portions and roll into a rope shape about 16 inches long. Shape into a pretzel.
9. Prepare an egg wash with the egg yolk and water. Lightly brush each pretzel.
10. Let rise in a warm area for 10-15 minutes.
11. Bake for 15 minutes or until lightly browned.

Easy to make and fun for the kids.

GLUTEN FREE

Seasoned Fish Fry

Yield: 4 servings

125 ml	golden flax flour	1/2	cup
15 ml	your favorite fish seasoning	1	Tbsp
454 g	fish fillets	1	lb
15 ml	vegetable oil	1	Tbsp
15 ml	butter	1	Tbsp

1. Mix the flax flour and your favorite fish seasoning together.
2. Sprinkle evenly onto a flat plate.
3. Heat the butter and oil in a large pan.
4. Cut the fish into serving size pieces. Lay the fish on the seasoned flour. Turn over to season both sides.
5. Fry the seasoned fish in the hot butter/oil for about 2 minutes on one side. Turn over and finish cooking.
6. Serve immediately.

WHEAT FREE – CONTAINS PURE OATS

Bread

using Valley Kitchen Bread Dough Mix

Yield: 1 medium loaf

480	g	Valley Kitchen Bread Dough Mix	1	package
360	ml	water at 48 to 54°C (120 to 130°F)	1 1/2	cup

1. In a heavy mixer fixed with a dough hook or hooks, blend the flour mix with the warm water.
2. Mix on low speed for 4 minutes, scraping the dough into the hooks to ensure thorough mixing.
3. Spread gluten free flour on the work bench and turn out the dough onto the floured surface. Turn and shape the dough into a medium size loaf.
4. Place into an oiled bread pan.
5. Leave in a warm place to rise for 40 minutes.
6. Bake in oven preheated to 400°F for 40 to 45 minutes.

Cool completely before slicing.

WHEAT FREE – CONTAINS PURE OATS

Pizza Crust

using Valley Kitchen Bread Dough Mix

Yield: 1 x 12 inch pizza crust

240 g	Valley Kitchen Bread Dough Mix	1 2/3	cup
180 ml	water at 48 to 54°C (120 to 130°F)	3/4	cup
	Buckwheat flour as required		

1. Measure Valley Kitchen Bread Dough Mix into a bowl.
2. Heat the water. Ensure the temperature is in the required temperature range.
3. Add the water to the dry mix. Using a large spoon, mix the dough for 1 to 2 minutes. Set aside to rest for 10 to 15 minutes.
4. Prepare a work surface by coating it with gluten free flour. Buckwheat or corn flour works very well for this.
5. Turn the dough out onto the floured surface. Knead with additional flour to form a soft dough.
6. Using a rolling pin, form into the size required for your pan.
7. Sprinkle the pan with buckwheat flour to keep the dough from sticking to the pan.
8. Fold the pizza dough and lift it onto the pan. Fold the edge to thicken.
9. Let rise in a warm place for 15 to 20 minutes.
10. Bake in an oven preheated to 425°F for 10 to 12 minutes.

You can either set the crust aside for later use or add your toppings immediately.

Bake at 425°F with toppings for 8 to 10 minutes.

I like to finish the pizza on an oven stone for a crispier finish.

This dough makes a delicious, robust yet tender crust.

It carries the toppings very well when held in the hand the way you a wheat pizza. Enjoy!

CONTAINS WHEAT

Hamburger Patties Stuffed With Tapenade

Yield: 4 servings

65 ml	black olives, pitted	1/4	cup
1 clove	garlic	1	clove
7.5 ml	capers	1/2	Tbsp
5 ml	Dijon mustard	1	tsp
1 ml	oregano, thyme, parsley or other herb. Use a bit more if adding fresh herbs	1/4	tsp
65 ml	flax flour	1/4	cup
65 ml	water	1/4	cup
	pepper, to taste		
30 ml	olive oil	2	Tbsp
454 g	ground beef	1	lb
4	whole wheat hamburger buns	4	
4	lettuce leaves	4	
4	tomato slices	4	
1/4	small onion	1/4	

1. Combine the olives, garlic, capers, mustard, and herb of your choice, flax flour, water, pepper and olive oil in a blender and puree.
2. Place in a container and refrigerate for use.

Build a burger with Tapenade

1. Form the meat into 4 equal portions and shape into patties. Cut the patties in 2 pieces as if you were slicing a bun. Place ¼ of the Tapenade on the bottom half of the burger, place the top on and seal the edges.
2. Barbeque or fry the patties to an internal temperature of 71°C (160°F).
3. Fry the onions and toast the buns.
4. Place the lettuce on the bottom half of the bun, then the tomato, onion, cooked burger and any condiment you use.

Place the top of the bun over the burger and enjoy possibly the most delicious burger you have ever eaten!

GLUTEN FREE

Salmon Cakes

Yield: 4 large cakes (4in) or 6 small ones (3in).

1		small stalk celery	1	
1		small peeled onion	1	
1		small can salmon / drained but include bones	1	
1		egg	1	
60	ml	flax flour	4	Tbsp
2	ml	Worcestershire sauce	½	tsp
		fresh ground peppers, parsley, herbs – to taste		

1. Chop vegetables in food processor (or chop very finely by hand).
2. Add drained salmon / include bones; puree well.
3. Add egg, flax flour, herbs & spices. Mix well.
4. Melt a little butter or margarine in non-stick pan.
5. Drop salmon mixture by spoonful into hot pan.
6. Cook on one side until set & browned.
7. Turn carefully as they are quite soft. Cook on other side.

Delicious hot or cold, as main course with vegetables or salad or served in hamburger buns with lettuce, tomatoes, or other condiments.

CONTAINS WHEAT

Caribbean Squares

Yield: 1 pan, 8 x 8 inches

butter	2/3	cup
sugar	1/4	cup
flax flour	1/3	cup
white flour	3/4	cup
eggs	2	
brown sugar	1	cup
crushed pineapple, drained	1/2	cup
coconut	1	cup
candied cherries, chopped	1/3	cup
rum flavoring	1	tsp
flax flour	2	Tbsp
baking powder	1/2	tsp

1. Preheat oven to 350° F.
2. Mix together the first four ingredients until crumbly.
3. Pack into an 8x8 ungreased pan and bake for 15 minutes.
4. Beat eggs slightly and stir in the remaining ingredients.
5. Pour this mixture over the baked bottom layer.
6. Bake for 25-30 minutes, or until a medium brown color.
7. Leave as it is or frost when cool.

Frosting:

icing sugar	1 1/2	cup
butter or margarine	3	Tbsp
rum flavoring	1/2	tsp
pineapple juice	5	tsp

Combine all ingredients and spread on bars.

CONTAINS WHEAT

Date Squares

Yield: 1 pan, 9 x 9 inches

dates	1	lb
flax flour	1/2	cup
white flour	1/4	cup
brown sugar	1	cup
baking soda	1	tsp
oats	2	cup
butter	1/2	cup

1. Preheat oven to 350° F.
2. Place dates in a pot and fill it with water until they are all just covered. Bring to a boil and simmer until soft.
3. Mix together the other ingredients until crumbly.
4. Put 3/4 of the mixture into a greased 9 x 9 inch pan.
5. Cover this with the dates.
6. Put the rest of the oats mixture on top of this.
7. Bake for 25 minutes or until edges are brown.

GLUTEN FREE

Chicken with Seasoned Flax Flour

Yield: 1 to 2 servings

1	boneless chicken breast		
15 ml	golden flax flour	2	Tbsp
	seasoning to taste		
	vegetable oil as required		

1. Sprinkle the flax flour and seasoning on a plate. Mix to blend.
2. Moisten the chicken breast and press it into the flax and seasoning mixture. Turn with tongs and press in the other side.
3. Heat the oil in a frying pan. Fry the chicken to an internal temperature of 74°C, turning to crisp both sides.

This is a delicious way to add fibre and omega-3 fat to your chicken.

Use only as much vegetable oil as you need to fry the chicken.

CONTAINS WHEAT

Country Biscuits

Yield: 6 to 8 servings

125 ml	Valley Flax Flour, golden	1/2	cup
180 ml	milk, cold	3/4	cup
375 ml	flour, all purpose	1 1/2	cup
20 ml	baking powder	4	tsp
30 ml	sugar, white	2	Tbsp
60 ml	butter, cold	1/4	cup

1. Preheat the oven to 220°C (425°F).
2. In a small bowl, whisk the flax flour into the cold milk. Set aside.
3. Measure and combine the all purpose flour, baking powder, and white sugar.
4. Cut in the cold butter to a mealy texture.
5. Using a strong spoon or spatula, stir the wet flax into the dry mixture. Fold together until the dough forms a cohesive ball.
6. Lightly flour the counter, turn the dough onto it, flatten and roll to about 2.5 cm (1 inch) thick. Cut with a 6.5 cm (2 ½ inch) cutter to make 8 biscuits. Lay out close together on a baking sheet.
7. Bake for 15 minutes.

These biscuits are a flavourful accompaniment to fresh strawberries, jam or seafood chowder.

CONTAINS WHEAT

Gingerbread Cupcakes

Yield: 18 large cup cakes

125	ml	flax flour, brown or golden	1/2	cup
125	ml	warm water	1/2	cup
125	ml	butter, softened	1/2	cup
125	ml	sugar	1/2	cup
2		eggs, large	2	
180	ml	molasses	3/4	cup
10	ml	baking soda	2	tsp
5	ml	salt	1	tsp
625	ml	white flour	2 1/2	cup
10	ml	ginger powder	2	tsp
7	ml	cinnamon	1 1/2	tsp
5	ml	cloves	1	tsp
10	ml	nutmeg	2	tsp
250	ml	warm tea	1	cup

1. Preheat oven to 400°F (200°C).
2. Mix the flax flour and warm water. Set aside.
3. Cream the butter and sugar. Beat in the flax flour and water. Incorporate the eggs, one at a time and molasses.
4. Measure and sift together the dry ingredients.
5. Combine dry ingredients into the wet alternately with the tea.
6. Stir just enough to thoroughly blend.
7. Scoop the batter into large paper lined muffin tins.
8. Bake for 20-25 minutes. Remove from tins and cool on a rack.

CONTAINS WHEAT

Blueberry Coffee Cake

Yield: 1 pan, 9 x 9 inches

375	ml	whole wheat flour	1 ½	cup
125	ml	flax flour	½	cup
15	ml	baking powder	3	tsp
2	ml	salt	½	tsp
175	ml	sugar	¾	cup
60	ml	margarine	¼	cup
1		egg	1	
10	ml	vanilla	2	tsp
175	ml	milk	¾	cup
375-500	ml	blueberries	1 ½ - 2	cups
30	ml	sugar	2	Tbsp
5	ml	lemon juice	1	tsp

Topping

60	ml	whole wheat flour	¼	cup
60	ml	flax flour	¼	cup
60	ml	brown sugar	¼	cup
60	ml	butter	¼	cup
10	ml	cinnamon	2	tsp

1. Preheat oven to 350 F.
2. Mix together the first nine ingredients.
3. Mix berries, sugar, and lemon together.
4. Spread half the batter evenly into a sprayed or oiled pan.
5. Cover with blueberry mixture, then spread remainder of batter on top of the berry mixture.
6. Mix topping ingredients together until crumbly and sprinkle on top.
7. Bake for 35 to 40 minutes.

CONTAINS WHEAT

Flax Oat Cakes

Yield: 18 to 24 oat cakes

flax flour	1	cup
instant rolled oats	2 1/2	cup
white flour	1	cup
brown sugar	1/2	cup
salt	1/2	tsp
baking soda	1/2	tsp
butter	3/4	cup
water	3/4	cup

1. Preheat oven to 350° F.
2. In a large bowl, combine flax flour, rolled oats, white flour, brown sugar, salt and baking soda.
3. Cut in the butter until evenly blended.
4. Add the butter and mix to form soft dough.
5. Turn the dough out onto a pastry counter generously coated with oats.
6. Press the dough into an elongated rectangle and roll out to 3/4 of an inch thick. Cut into 2 3/4 inch rounds and place on a baking sheet.
7. Gather the scraps together and re-roll.
8. Bake for 20 minutes and cool on rack.

CONTAINS WHEAT

Flax Seed Crackers

Yield: Makes 10 servings (15 crackers per serving)

whole flax seeds	1/4	cup
flax flour	1/2	cup
white flour	1 1/2	cup
baking powder	1/2	tsp
salt	1/2	tsp
butter	4	tsp
milk	3/4	cup

1. Preheat oven to 325° F.
2. In a bowl, combine the whole flax seeds, flax flour, white flour, baking powder and salt.
3. Blend in the butter to a very fine texture.
4. Add milk and mix well. Turn onto a board and knead to blend.
5. Place the dough in a bowl, cover and refrigerate for 10 minutes.
6. Cut the dough into quarters and shape into rectangles.
7. Cut the dough into squares and place on a non-greased baking sheet.
8. Bake 15-20 minutes, until the crackers are dry, crisp and lightly browned.

These are great dunkers for salsa and dips.

CONTAINS WHEAT

Rhubarb Coffee Cake

Yield: 1 pan, 9 x 12 inches

375 ml	flour, white all purpose	1 ½	cup
15 ml	baking powder	1	Tbsp
125 ml	sugar, white	½	cup
2 ml	cinnamon	½	tsp
60 ml	flax flour, brown or golden	¼	cup
1	egg, medium	1	
250 ml	milk, 1%	1	cup
500 ml	diced fresh rhubarb	2	cups

for crumble topping

125 ml	packed brown sugar	½	cup
60 ml	flax flour, brown or golden	¼	cup
60 ml	quick oats	¼	cup
45 ml	butter	3	Tbsp
5 ml	cinnamon	1	tsp

1. Preheat the oven to 400°F.
2. Spray a 9" x 12" pan with oil.
3. Sift together flour, baking powder, sugar, and cinnamon. Stir in the flax flour.
4. In another bowl, beat the egg with a fork and whisk in the milk. Pour into flour mixture, add chopped rhubarb and stir until mixed.
5. Spread the batter evenly into the prepared pan.
6. Place topping ingredients in a small bowl and rub together until combined and crumbly. Sprinkle over cake batter.
7. Bake for 30 minutes, or until toothpick inserted into center comes out clean.

This is a great way to use some of your fresh rhubarb crop. These little squares of cake are packed with flavour.

CONTAINS WHEAT

Carrot Cake with Creamy Frosting

Yield: 1 pan, 9 x 9 inches

white flour	1 1/2	cup
flax flour	2/3	cup
baking soda	1	Tbsp
cinnamon	1/2	Tbsp
allspice	3/4	tsp
nutmeg	1/4	tsp
brown sugar	1	cup
large egg	2	
large egg whites	2	
carrots, shredded	2 1/2	cup
raisins (optional)	1/2	cup
buttermilk	2/3	cup
pineapple, crushed, in unsweetened juice, drained	1	cup
water and pineapple juice	1/2	cup

1. Preheat oven to 350° F.
2. In one bowl, combine white flour, flax flour, baking soda, cinnamon, allspice and nutmeg.
3. In another bowl, combine sugar, eggs and egg whites. Mix for 1 minute at medium speed.
4. Stir in carrots, raisins, buttermilk, pineapple and water.
5. Combine with dry mixture and mix well.
6. Pour into a 9 x 9 lightly greased pan lined with parchment paper.
7. Bake for 45 minutes, cool completely and frost.

Frosting:

cream cheese	6	oz
confectioner's sugar	1/2	cup
lemon juice	1	Tbsp
vanilla extract	1/2	tsp
lemon zest	1	Tbsp
sour cream to thin the icing	1 1/2	Tbsp

Combine all ingredients and beat for 2 minutes or until desired thickness.

CONTAINS WHEAT

Shortbread Cookies

Yield: 60 cookies

180	ml	butter, salted, room temperature	3/4	cup
125	ml	golden flax flour	1/2	cup
125	ml	icing sugar	1/2	cup
60	ml	orange juice	1/4	cup
5	ml	vanilla	1	tsp
500	ml	all purpose white flour	2	cup

1. Cream the butter. Blend in the golden flax flour and icing sugar. Beat on medium for 2 minutes.
2. Add the orange juice and vanilla. Stir to mix.
3. Fold the flour into the batter until just blended. Knead gently as required to hold the dough together.
4. Lightly flour the counter and roll the dough to about ½ cm thick.
5. Cut with a small decorative cookie cutter. Gather remaining dough together, roll and cut. Repeat until all of the dough has been used.
6. Lay on a baking sheet.
7. Decorate with cherries, coloured sprinkles or other seasonal decoration.
8. Bake in an oven preheated to 325°F for 15 minutes.

Shortbread cookies are as much a part of the festive season as gifts and eggnog. These delicious cookies provide a small nutritional compliment of fibre to the wonderful flavour of butter and vanilla.

CONTAINS WHEAT

Molasses Cookies

Yield: 48 cookies

500 ml	molasses	2	cups
185 ml	brown sugar	1 ½	cups
250 ml	oil	1	cup
250 ml	hot water	1	cup
10 ml	baking soda	2	tsp
10 ml	cinnamon	2	tsp
10 ml	cloves	2	tsp
10 ml	ginger	2	tsp
250 ml	flax flour, brown or golden	1	cup
1.6 l	wheat flour, all purpose	6 ½	cups

1. Combine molasses, brown sugar and oil.
2. Place soda in the hot water and stir in to the mixture above.
3. Add cinnamon, cloves, ginger, salt and flax flour. Mix well.
4. Fold in the flour until dough is still soft but not sticky.
5. Place the dough on a floured counter, roll out to ¼" thick. Cut with 3" round cookie cutter.
6. Place on greased, doubled baking sheet.
7. Bake at 350°F for 10 – 12 minutes.

WHEAT FREE – CONTAINS PURE OATS

Oatmeal Coconut Cookies

Yield: 24 cookies

125 ml	flax flour, brown or golden	½	cup
125 ml	brown sugar	½	cup
125 ml	milk or orange juice	½	cup
	to	to	
185		¾	
1	egg, large	1	
5 ml	vanilla	1	tsp
2 ml	baking soda	½	tsp
125 ml	coconut or raisins	½	cup
500 ml	pure oat meal	2	cups

1. Preheat the oven to 350°F.
2. Lightly spray with oil, 2 baking sheets.
3. In a medium bowl, mix the flax flour, brown sugar, orange juice, egg and vanilla.
4. Add the baking soda, coconut or raisins and oats. Stir to moisten.
5. Scoop 30 ml (2 Tbsp) at a time onto the baking sheets. Flatten slightly.
6. Bake for 12 to 15 minutes. Remove to a rack to cool.

Adding the greater amount of liquid makes a softer cookie which will spread larger on the baking sheet.