

Table of Content

Recipes	Page
Tips for Cooking and Baking with Flax	1
<u>Gluten-Free</u>	
Tea Infusion	3
Fruit Smoothie.....	4
Blueberry Cooler	4
Strawberry Smoothie	5
Eggnog Smoothie.....	5
Hot Cereal.....	6
Cold Cereal	6
Applesauce	6
Yoghurt.....	6
Pancake with Egg and Flax Flour	7
Lunch Pancake.....	7
Seasoned Fish Fry.....	8
Salmon Cakes	9
Chicken with Seasoned Flax Flour	10
Cheesecake Crust	11
Pie dough Crust	12

Contains Wheat

Pancakes using complete Pancake Mix.....13

Waffles14

Banana Muffins15

Oatmeal Berry Burst Muffins16

Pumpkin Muffins with raisins and ginger.....17

Harvey’s Whole Wheat and Flax Bread Maker Loaf.....18

Multi-Grain Beer Bread Maker Loaf19

Bread Machine Brown Bread20

Pizza Dough21

Soft Pretzels.....22

Hamburger Patties Stuffed with Tapenade.....23

Country Biscuits.....24

Flax Oat Cakes25

Flax Seed Crackers.....26

Shortbread Cookies27

Molasses Cookies28

Carrot Cake with Creaming Frosting29

Rhubarb Coffee Cake.....30

Blueberry Coffee Cake.....31

Gingerbread Cupcakes32

Date Squares33

Caribbean Squares34

Apple Crisp35

Wheat Free – Contains Pure Oats

Oatmeal Coconut Cookies36

Fruit & Seeds Bars37

Pizza Crust38

Bread39

Free Form Loaves Focaccia & Panini40

Pancakes.....41

Waffles42

Muffins – Basic Recipe43

Cookies with Dried Fruit and Seeds.....44

Cranberry Muffins45

Light Cake46

Chocolate Cake.....47

Chocolate Chip Cupcakes48

Gingerbread Cupcakes49

Cupcakes that Taste Like Donuts50

Pumpkin-ginger Muffins.....51

Banana Muffins52

Lemon-Blueberry Loaf53

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 flavour, 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.

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 (banana, apple, orange, kiwi, pineapple or other available fruit)	Enough for 1 or 2 people
60 to 125 ml	Fruit juice	1/4 to 1/2 cup
60 to 90 ml	Flax Flour	4 to 6 Tbsp
60 to 125 ml	Yoghurt or Tofu (optional) Ice (optional)	1/4 to 1/2 cup

1. In a blender, combine the washed or peeled fruit with the fruit juice, yoghurt 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.

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.

Pancake with Egg and Flax Flour

Yield: 1 or 2 servings

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

1. In a small bowl, combine the eggs and flax flour.
2. Stir in the grated cheese and herbs; season with salt and pepper.
3. Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.
4. 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

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

1. In a small bowl, combine the eggs and flax flour.
2. Stir in the meat or fish; season with salt and pepper.
3. Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

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 to the other side and finish cooking.
6. Serve immediately.

You can **substitute Valley Kitchen Pancake & Cookie Mix** for the golden flax flour.

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.

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.

Cheesecake Crust

Yield: 8 servings

80 ml	Buckwheat Flour	1/3 cup
15 ml	Golden Flax Flour	1 Tbsp
15 ml	Butter	1 Tbsp
30 ml	Cold water	2 Tbsp

1. Pre-heat oven to 300° F
2. In a bowl, combine all ingredients and blend to crumb-like texture
3. Press mixture onto a bottom of one 9 inch or 10 inch spring form pan
4. Bake for 10 min.
5. Allow to cool before adding the filling

Pie Crust

Yield: 1 pan, 8 to 10 inch round pan

810	ml	Buckwheat flour	3 ¼ cups
60	ml	Golden flax flour	¼ cup
30	ml	White sugar	2 Tbsp
5	ml	Baking powder	1 tsp
250	ml	Butter	1 cup
4		Eggs	4
		Extra Buckwheat Flour for rolling	

1. Pre-heat oven to 425 ° F
2. Using a food processor, blend all the ingredients together
3. Divide the mixture in two
4. Roll one dough on parchment paper to fit the pie plate
5. Slide the dough off the parchment paper into the pie plate
6. Add the desire filling you have prepared (apple, pears, peach...)
7. Moisten the edge of the dough pie with water
8. Roll the second dough and slide it on top of the filling, covering the edge of the pan
9. Press the two edges of the dough together, using a fork or fingers
10. Trim excess dough
11. Bake the dough with 425 °F for 15 min and then at 350 °F for 30 minutes.

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.

Waffles

Yield: 4 waffles (2 servings)

185 ml	milk, 1%	3/4 cup
60 ml	Valley Kitchen 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 manufacturer's 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.

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.

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

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.

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
2.5 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.

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 Kitchen 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.

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.

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.

Soft Pretzels

Yield: Makes approx. 10 pretzels.

250 ml	flax flour	1 cup
30 ml	granulated sugar	2 Tbsp
580 ml	white flour	2-2 ½ cup
15 ml	dry instant yeast	1 Tbsp
80 ml	warm water	1 1/3 cup
15 ml	vegetable oil	1 Tbsp
	egg yolk	1
15 ml	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.

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!

Country Biscuits

Yield: 6 to 8 servings

125 ml	Valley Kitchen 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.

Flax Oat Cakes

Yield: 18 to 24 oat cakes

250	ml	flax flour	1	cup
625	ml	instant rolled oats	2 1/2	cup
250	ml	white flour	1	cup
125	ml	brown sugar	1/2	cup
2.5	ml	salt	1/2	tsp
2.5	ml	baking soda	1/2	tsp
180	ml	butter	3/4	cup
180	ml	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.

Flax Seed Crackers

Yield: Makes 10 servings (15 crackers per serving)

60	ml	whole flax seeds	1/4	cup
125	ml	flax flour	1/2	cup
375	ml	white flour	1 1/2	cup
2.5	ml	baking powder	1/2	tsp
2.5	ml	salt	1/2	tsp
20	ml	butter	4	tsp
180	ml	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.

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.

Molasses Cookies

Yield: 48 cookies

500 ml	molasses	2	cup
185 ml	brown sugar	1 ½	cup
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	cup

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.

Carrot Cake with Creamy Frosting

Yield: 1 pan, 9 x 9 inches

375	ml	white flour	1 1/2	cup
160	ml	flax flour	2/3	cup
15	ml	baking soda	1	Tbsp
7.5	ml	cinnamon	1/2	Tbsp
4	ml	allspice	3/4	tsp
1	ml	nutmeg	1/4	tsp
250	ml	brown sugar	1	cup
		large egg	2	
		large egg whites	2	
625	ml	carrots, shredded	2 1/2	cup
125	ml	raisins (optional)	1/2	cup
160	ml	buttermilk	2/3	cup
250	ml	pineapple, crushed, in unsweetened juice, drained	1	cup
125	ml	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:

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

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

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.

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.

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.

Date Squares

Yield: 1 pan, 9 x 9 inches

450 ml	dates	1 lb
125 ml	flax flour	1/2 cup
60 ml	white flour	1/4 cup
250 ml	brown sugar	1 cup
5 ml	baking soda	1 tsp
500 ml	oats	2 cup
125 ml	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.

Caribbean Squares

Yield: 1 pan, 8 x 8 inches

160 ml	butter	2/3 cup
60 ml	sugar	1/4 cup
80 ml	flax flour	1/3 cup
180 ml	white flour	3/4 cup
	eggs	2
250 ml	brown sugar	1 cup
125 ml	crushed pineapple, drained	1/2 cup
250 ml	coconut	1 cup
80 ml	candied cherries, chopped	1/3 cup
5 ml	rum flavoring	1 tsp
30 ml	flax flour	2 Tbsp.
2.5 ml	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:

375 ml	icing sugar	1 1/2 cup
45 ml	butter or margarine	3 Tbsp
2.5 ml	rum flavoring	1/2 tsp
25 ml	pineapple juice	5 tsp

Combine all ingredients and spread on bars.

Apple Crisp

Yield: 12 servings

1.5	L	apples	6	cups
		Nutmeg or cinnamon	(as desired)	
125	ml	Brown sugar	1/2	cup
125	ml	White flour	1/2	cup
125	ml	Flax flour	1/2	cup
125	ml	rolled oats	1/2	cup
60	ml	soft butter	1/3	cup
		extra cinnamon		

- 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.

Oatmeal Coconut Cookies

Yield: 24 cookies

125 ml	flax flour, brown or golden	½	cup
125 ml	brown sugar	½	cup
125 to 185 ml	milk or orange juice	½ to ¾	cup
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.

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

Pizza Crust

using Valley Kitchen Bread Dough Mix

Yield: 1 x 12 inch pizza crust

½ package	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!

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. Set aside in a warm place to rise for 30 to 40 minutes.
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 or until double in height.
6. Bake in oven preheated to 400°F for 40 to 45 minutes.

Cool completely before slicing.

Free Form Loaves – Focaccia & Sandwich Bun - Panini

using Valley Kitchen Bread Dough Mix

Yield: 1 loaf

1 x 480 g package	Valley Kitchen Bread Dough Mix	1 x 480 g package
420 ml	water heated to 50 to 54°C (125 to 130°F)	1 2/3 cup
30 ml	olive oil	2 Tbsp
125 ml	chopped olives	1/2 cup
as desired	chopped fresh oregano, marjoram, basil, thyme	as desired

buckwheat flour or other gluten free flour

1. Measure 1 2/3 cup Valley Kitchen Bread Dough Mix into a bowl.
2. Heat water to 45 to 54°C (125 to 130°F).
3. Add 1 2/3 cup water to the dry mix. Mix the dough for 1 to 2 minutes. Let rise for 10 to 15 minutes.
4. Coat work surface with gluten free flour. Turn dough onto floured surface. Knead the dough several times, working in additional flour to make a soft, slightly sticky dough.
5. **FOR FREE FORM LOAF:** Shape the dough into a ball, flatten into a free form loaf. Move to a lightly floured sheet pan.
6. Top with the olive oil, chopped olives and fresh herbs.
7. Cover and let rise 40 to 50 minutes.
8. Bake in an oven preheated to 380°F for 30 to 35 minutes.
5. **FOR SANDWICH BUN:** Shape the dough into a rectangle and roll to fit a 12 x 12 inch pan. Lightly flour the pan and slide the dough into the floured pan.
6. Cover and let rise for 40 to 50 minutes.
7. Bake in an oven preheated to 380°F for 30 to 35 minutes.
8. Turn onto a rack to cool
Cut into 9 squares. Slice each square into 2 slices separating the bottom from the top.

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.

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 OR Valley Kitchen Cake 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 or Valley Kitchen cake 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.

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

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

Cranberry Muffins

using Valley Kitchen Pancake & Cookie Mix

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

480 g	Valley Kitchen Pancake & Cookie Mix	1 package
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 center.
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 rack.

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

Light Cake

using Valley Kitchen Cake & Loaf Mix

Yield: 2 x 8 inch round cakes

480 g	Valley Kitchen Cake & Loaf Mix	1 package
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 suits your taste.

Chocolate Cake

using Valley Kitchen Cake & Loaf Mix

Yield: 2 x 8 inch round cakes

480 g	Valley Kitchen Cake & Loaf Mix	1 package
375 ml	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 suits your taste.

Chocolate Chip Cup Cakes

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large or 48 mini cup cakes

480 g	Valley Kitchen Cake & Loaf Mix	1 package
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 cupcake to make a chocolate volcano.

Gingerbread Cup Cakes

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large cup cakes

480 g	Valley Kitchen Cake & Loaf Mix	1 package
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

Cup Cakes that Taste Like Donuts

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large or 48 mini cup cakes

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

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 cupcakes at a time and shake to coat.
9. Remove to a rack to cool.

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

Pumpkin-Ginger Muffins

using Valley Kitchen Cake & Loaf Mix

Yield: 12 large muffins (up to 36 mini muffins)

480	g	Valley Kitchen Cake & Loaf Mix	1 package
250	ml	white sugar	1 cup
5	ml	baking soda	1 tsp
10	ml	pumpkin pie spice	2 tsp
5	ml	nutmeg	1 tsp
10	ml	cinnamon	2 tsp
2		large eggs	2
250	ml	pumpkin puree, pure	1 cup
10	ml	vanilla	2 tsp
310	ml	orange juice	1 1/4 cup
60	ml	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.

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 ml	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.

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.