

Natural Bowel Care Program[©]

Recipes

Find more recipes online at www.flaxflour.com

*Sign up for our monthly newsletter and receive a new recipe each
month!*

INTRODUCTION

Valley Flax Flour is a nutritional enhancement which most of your residents will enjoy and appreciate.

Programs that focus on providing flax flour as a source of fiber in a variety of common foods tend to show better long term success than those that offer it in just a single food.

RULE OF THUMB

When adding flax flour to any recipe, increase the liquid by an amount equal to the volume of flax flour you are adding. This will help to maintain the consistency of the dough or batter.

SUBSTITUTING for EGGS

Using flax flour to replace egg is a simple and effective way to replace eggs 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.

SUBSTITUTING for OIL

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. In many recipes to which you add flax flour, you will be able to eliminate the oil completely without loss of product quality.

MIXING into YOGURT or APPLESAUCE

Flax flour can easily be mixed into apple sauce and yogurt. Blend thoroughly for greater acceptance.

ADDITIONAL RECIPES

More recipes can be found online at www.flaxflour.com. Sign up for our monthly newsletter and receive a new recipe each month!

RECIPE INDEX

FLAX FLOUR in HOT and COLD CEREALS

FLAX FLOUR in OATMEAL

FLAX FLOUR PRUNE PUREE

FRUIT LAX

FLAX FLOUR PRUNE SMOOTHIE

FRUIT SMOOTHIE

FLAX FLOUR in FROZEN MUFFIN BATTER

FLAX FLOUR in DRY MUFFIN MIX

PANCAKE with EGG AND FLAX FLOUR

LUNCH PANCAKE

DESSERT PANCAKE

GLUTEN FREE PEANUT BUTTER COOKIES

GLUTEN FREE BUTTERMILK APPLE CAKE

ESPANOLA MEAT SAUCE

BLUEBERRY COOLER

RHUBARB AND FLAX COFFEE CAKE

FLAX FLOUR in HOT and COLD CEREALS

Offer 2 Tbsp (30 ml) of flax flour, per serving, in hot or cold cereal.

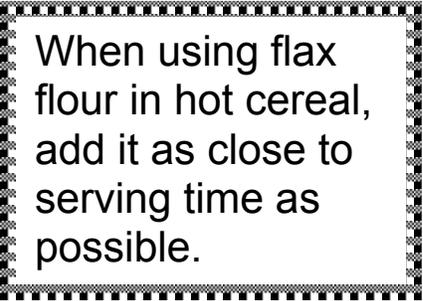
Flax flour can be added quite successfully to all hot cereals, including oatmeal, cream of wheat, corn meal, and rice cereal.

Hot cereal, especially oatmeal, will be sticky if the cereal sits too long with the flax flour in it.

This is the result of the moist heat dissolving the soluble fibre in both the oatmeal and the flax flour.

Sprinkle the flax flour on dry cereal, give it a shake or stir, and add milk.

Flax flour absorbs a lot of liquid. Provide extra milk or water when offering hot or cold cereal with flax flour.



When using flax flour in hot cereal, add it as close to serving time as possible.

FLAX FLOUR in OATMEAL

Yield: 50 servings

Water	5.0 L	20 cups
Oatmeal	1.5 L	6 cups
Salt	10 ml	2 tsp
Flax flour	750 ml	3 cups (300 g)

Bring the water to the boil. Stir in the oatmeal and salt. Cook as required. Hold for service. Just prior to service, stir in the flax flour.

FLAX FLOUR PRUNE PUREE

Yield: 150 to 200 servings

Flax flour	8 cups
Water	6 cups
Prune juice (or other fruit juice)	6 cups
Prune puree	5 cups

Combine all ingredients. Mix to blend. Refrigerate.

Serve 2 to 3 Tbsp.

This puree mixture can be served by placing a scoop of it in a bowl and topping it with hot cereal, blending it into the cereal, or providing it directly from a spoon or med cup.

Yield 2 cups

Flax flour	$\frac{2}{3}$ cup
Water	$\frac{1}{2}$ cup
Prune juice (or other fruit juice)	$\frac{1}{2}$ cup
Prune puree	$\frac{1}{3}$ cup

Mix all together until blended. Refrigerate.

FRUIT LAX

Yield: 2 $\frac{1}{2}$ cups (10 x $\frac{1}{4}$ cup servings)

Fruit juice or water	500 ml	2 cups
Prunes, pitted	20	
Flax flour	170 ml	$\frac{2}{3}$ cup

In a blender, puree all ingredients together until smooth. Refrigerate. Very tasty as is or stir in $\frac{1}{4}$ cup of this thick puree into hot cereal, apple sauce, yogurt, or pudding.

FLAX FLOUR PRUNE SMOOTHIE

Yield: 2 L or 16, 125 ml (½ cup) servings

Use this for those really difficult days.

Apple juice	1.6 L	7 cups
Pitted prunes	70	300 ml pureed (approximately 375 g or 1 retail package)
Flax flour	300 ml	1 ¼ cups

1. Place the pitted prunes in the blender.
2. Pour in 2 cups of the apple juice and process until very smooth.
3. Add another cup of the apple juice and continue to process for about 1 minute.
4. Depending on the capacity of your blender, you may have to remove some of this mixture to your storage container.
5. Add the flax flour and 2 more cups of the juice. Process to blend.
6. Combine the remaining apple juice (3 cups) and all of the blended prune and flax flour mixture in your storage container and shake to mix.

Refrigerate to store.

Label “do not dilute”. If diluting is required to increase the acceptability, measure 125 ml (1/2 cup) into a glass and then dilute to the desired consistency.

Shake before serving.

Serve 125 ml (1/2 cup) for breakfast and lunch.

FRUIT SMOOTHIE

Yield: 1 – 2 servings

Offer flax flour as a **nutritional enhancement** in **smoothies**.
Simply add 1 to 2 Tbsp of flax flour to the smoothie and blend.

Or use the following recipe.

Multiply the smaller quantity by the number of residents you are preparing Smoothies for.

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.
3. 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.

Serve with a large diameter straw.

FLAX FLOUR in FROZEN MUFFIN BATTER

Yield: 12 muffins

# 16 scoops muffin batter, thawed	10
Flax flour	$\frac{3}{4}$ cup
Juice or water	$\frac{3}{4}$ cup

Scoop the batter into a large bowl. Add the flax flour and juice or water. Stir to blend the ingredients. Scoop the batter into muffin cups and bake as per instructions.

FLAX FLOUR in DRY MUFFIN MIX

Yield: 60 muffins

Muffin mix	2 kg
Flax flour	3 cups
Water	4 $\frac{1}{2}$ cups

Blend the ingredients. Scoop the batter into muffin cups and bake as per instructions.

Add extra water as necessary to ensure the correct consistency to the batter.

FLAX FLOUR in DRY MUFFIN MIX

Yield: 12 muffins

Muffin mix	450 g	3 $\frac{1}{3}$ cups
Flax flour	100 g	1 cup
Egg (if required)	1	1
Water	450 ml	1 $\frac{3}{4}$ cups
Mini chocolate chips (optional)	130 g	$\frac{3}{4}$ cup

- 1 Preheat oven to 200°C (400°F).
- 2 Combine commercial muffin mix with the flax flour, water, egg (if required), and chocolate chips (optional). Let sit for 1 minute.
- 3 Scoop into non-stick or paper lined muffin cups. Bake for 20 minutes.

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

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.

NOTES: This makes a very quick, hearty, gluten free 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

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.

DESSERT PANCAKE

Yield: 1 or 2 servings

Eggs	2	2
Valley Flax Flour	60 ml	4 Tbsp
Sugar	15 ml	1 Tbsp
Cinnamon	to taste	
Fruit (Banana, apple)	60 ml	¼ cup
Vegetable oil for the pan (optional)	5 ml	1 tsp

1. In a small bowl, combine the eggs and flax flour.
2. Stir in the sugar, cinnamon and fruit.
3. Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

GLUTEN FREE PEANUT BUTTER COOKIES

Yield: 20 cookies

Brown sugar	125 ml	½ cup
Egg	1	1
Vanilla	2 ml	½ tsp
Peanut butter	125 ml	½ cup
Flax flour	250 ml	1 cup
Rice flour	50 ml	¼ cup
Salt	2 ml	½ tsp
Baking powder	2 ml	½ tsp

1. Preheat the oven to 180°C (350°F).
2. Beat together the sugar, egg and vanilla; blend in the peanut butter.
3. Combine the flax flour, rice flour, salt and baking powder. Mix with the wet ingredients.
4. Scoop 15 ml (1 Tbsp) and roll into a ball. Place on a non-stick baking sheet and flatten with a fork. Repeat with the remaining dough.
5. Bake for 12 minutes. Cool for 1 to 2 minutes and then remove to a wire rack.

Shortbread Cookies with Flax Flour

For more great recipes using flax flour, visit www.valleyflaxflour.com

Ingredients

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.

Yield: 60 cookies

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.

Nutrient Facts Per Cookie

Calories / Calories.	46	kcal
Fat / Lipides	2.8	g
Saturated / Saturés	1.6	g
Trans / Trans	0.1	g
Cholesterol / Cholestérol	6.4	mg
Sodium / Sodium	17	mg
Carbohydrate / Glucides	4.7	g
Fibre / Fibres	0.3	g
Sugar / Sucres	1.1	g
Protein / Protéines	0.6	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	1	%
Calcium / Calcium	0	%



Gluten Free Buttermilk Apple Cake

For more great recipes using Valley flax flour, visit www.valleyflaxflour.com

Ingredients

125 ml	brown sugar	1/2	cup
500 ml	buttermilk	2	cup
250 ml	brown rice flour	1	cup
250 ml	flax flour	1	cup
5 ml	baking powder	1	tsp
5 ml	baking soda	1	tsp
10 ml	cinnamon	2	tsp
2.5 ml	salt	1/2	tsp
2	apples, cored and chopped	2	

1. Preheat oven to 180°C (350°F).
2. Lightly oil and flour a 20 cm (8 inch) round baking pan.
3. In a large bowl, beat together the brown sugar, buttermilk and flax flour. Stir in the apples.
4. Combine the rice flour, baking powder, baking soda, cinnamon, and salt.
5. Stir the dry ingredients into the wet ingredients and mix until well combined.
6. Spread batter evenly in the pan.
7. Bake for 45 to 50 minutes.
8. Cook in pan before removing.

Yield: 12 servings

Late summer and fall are perfect apple baking times.

This gluten-free apple cake is an moist, satisfying dessert everyone can enjoy.

Top with caramel sauce.

Each serving provides about 4 tsp of flax flour.

Nutrient Facts Per

Calories / Calories.	146 kcal
Fat / Lipides	4.5 g
Saturated / Saturés	0.6 g
Trans / Trans	0 g
Cholesterol / Cholestérol	1.7 mg
Sodium / Sodium	286 mg
Carbohydrate / Glucides	26 g
Fibre / Fibres	3.6 g
Sugar / Sucres	10 g
Protein / Protéines	4.4 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	11 %



Espanola Meat Sauce

For more great recipes using Valley flax flour, visit www.valleyflaxflour.com

Ingredients

660	g	Medium ground beef	1.5	lb
750	ml	Tomato sauce	3	cups
750	ml	Diced tomatoes	3	cups
125	ml	Water	1/2	cup
125	ml	Ketchup	1/2	cup
125	ml	Chopped onion	1/2	cup
1		Bay leaf	1	
2.5	ml	Ground thyme	1/2	tsp
2.5	ml	Garlic powder	1/2	tsp
7.5	ml	Worcestershire sauce	1 1/2	tsp
	dash	Cayenne pepper		dash
2.5	ml	Ground oregano	1/2	tsp
2.5	ml	Celery salt	1/2	tsp
60	ml	Golden flax flour	4	Tbsp

Yield: 12 portions

Espanola Meat Sauce, developed at Espanola Nursing Home in ON, is one of the many recipes used by dietary staff to provide residents with flax flour throughout the day.

Contributed by Jody Pilon, Nutrition and Foodservice Manager

Reduce the sodium by selecting low sodium ingredients

1. In a large pot, brown the ground beef. Drain off excess fat.
2. Add all ingredients and simmer, stirring frequently, uncovered, until thickened, approximately 2 hours.

Heat to 165°F

Hold at 140°F

Nutrient Facts Per

Calories / Calories.	190	kcal
Fat / Lipides	10	g
Saturated / Saturés	3.8	g
Trans / Trans	0.4	g
Cholesterol / Cholestérol	33	mg
Sodium / Sodium	695	mg
Carbohydrate / Glucides	13	g
Fibre / Fibres	2.6	g
Sugar / Sucres	8.5	g
Protein / Protéines	12.6	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	0	%
Calcium / Calcium	5	%



Blueberry Cooler

For more great recipes using Valley flax flour, visit www.valleyflaxflour.com

Ingredients

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.

Yield: 2 servings

This cooler is a delicious load of anti-oxidants which can help your immune system fight off injury and disease.

Each serving provides 2 tsp of flax flour.

Nutrient Facts Per

Calories / Calories.	233	kcal
Fat / Lipides	9	g
Saturated / Saturés	3.6	g
Trans / Trans	0	g
Cholesterol / Cholestérol	8	mg
Sodium / Sodium	120	mg
Carbohydrate / Glucides	33	g
Fibre / Fibres	3.4	g
Sugar / Sucres	28	g
Protein / Protéines	9.4	g
Vitamin A / Vitamin A	3	%
Vitamin C / Vitamin C	7	%
Calcium / Calcium	28	%



Rhubarb and Flax Coffee Cake

For more great recipes using Valley flax flour, visit www.valleyflaxflour.com

Ingredients

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.

Yield: 24 2 x 2 1/4 inch (5 x 6 cm) servings

A great way to use some of your fresh rhubarb crop.

These little squares of cake are packed with flavour.

Each square provides about 5 ml (1 tsp) of flax flour.