



Recipes from Valley Kitchen



Cooking and Baking

with

Valley Kitchen **Flax Flour**

Information and RECIPES



For recipes and recipe revisions go to
www.flaxflour.com/recipes



Enjoy the Goodness: Easy Healthy Everyday



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New recipes and products

New recipes and products are always being developed in Valley Kitchen.

Come by for a visit when you are in the Middleton, Nova Scotia area, meet our staff and see what's cooking.

Check out our website for updated versions of this booklet.

Do you like custom formulations that meet your personal or family's needs?

Tell us what you need.

Do you have favourite recipes you would like revised to be more nutritious or gluten free?

Let us know. We can help.

Do you like Outstanding Rewards?

Check out the back cover of this booklet for our Outstanding Rewards when our simply nutritious, easy to use products are **shipped directly to you** and your friends.

Valley Kitchen Ingredients

Whole Seeds and Grains

At Valley Flaxflour, we mill whole seeds and grains. They are not treated to stabilize them. They have not been processed to remove fat, protein or fibre.

Our whole seeds and grains are freshly milled and sifted. They have not been stabilized by the removal of fat or protein. Because our products are fresh and contain all of their original fat, protein, and fibre, they should be purchased in a quantity you will use within a few months. Store away from direct heat. Use all of our products within 6 weeks of opening or refrigerate them.

Gluten free

Our products, and our facility, are gluten free.

We source and mill gluten free flax, oats, buckwheat and corn. This selection of whole grains and seeds provides a variety of soluble and non-soluble fibre, proteins, anti-oxidants and omega-3 fat which help you prepare nutritious, gluten free foods.



Fresh from our mill directly to you. These ingredients are available individually or as custom blends and mixes. This selection changes as we develop new products. Visit our facility at 188 Marshall Street in Middleton, Nova Scotia or go to flaxflour.com for current selection.

non-GMO

Our customers have identified genetic modification of food products as one of their major concerns. Therefore, the flax, oats, corn and buckwheat we purchase have not been genetically modified. When there is any possible doubt, we purchase organic.

Flax seeds

Flax seeds, and flax seed stalks, have been used for food as well as the production of linseed oil and linen for thousands of years.

As a source of fibre, protein, anti-oxidants and omega-3 fat, flax seeds are a nutritious ingredient in any diet.

Brown and golden flax seeds are nutritionally equivalent. They have been selected to satisfy different needs.

The reddish brown seeds are very popular for flaxseed oil production and add a beautiful color and texture to many of the breads and bars available.

The yellowish golden seeds blend very well into a variety of lighter colored foods, providing added nutritional impact without darkening the product.

Flax flour

Flax flour is simply whole flax seeds milled and sifted. Other products, such as cracked flax, flaxseed meal, and milled or ground flax, may contain whole seeds or pieces of husk, making them unsuitable for people with digestive problems. If you have any concerns or questions about our products, please contact our corporate dietitian for a consult: customerservice@flaxflour.com or phone 1-866-825-8256 (Canada toll free)

Gluten free oats

Gluten free oats are a source of fibre which helps to lower cholesterol. The oats we offer are carefully managed from planting through processing to ensure that they exceed the international standards for gluten free products. They are tested and certified gluten free.

Nutritious, hearty oats help fill you up and keep you feeling full. Oats provide alternative protein and anti-oxidants to your diet.

Buckwheat

Buckwheat is a common and popular seed related to the rhubarb family. Its unfortunate name leads many people to think that it contains wheat. Not true.

Buckwheat is an exceptional source of fibre and is very useful in gluten free bakery. It can be used as a replacement for rice flour, improving both the nutritional impact and texture. It is also



a great choice as an all-purpose flour for dusting work surfaces when preparing pies and other pastries.

Corn

Corn is more than a filler. We mill the whole corn kernel to ensure that you receive the full value of the corn oil, fibre and protein. Our corn has not been treated with lye.

We mill corn to a medium textured flour, not as coarse as corn meal. Corn flour can be used in bread, pancakes, and cookies.

Valley Kitchen Mixes and Blends

Flax, oats, buckwheat and corn are the core ingredients in most Valley Kitchen Mixes. This combination has been selected to provide our gluten free choices a nutritional impact. They have also been tested to help ensure cooking and baking success without the use of additional gums and simple starches.

The soluble fibre in flax, oats and buckwheat contribute the structure which helps to replace gluten in wheat based products.

Valley Kitchen's natural alternative to wheat

Valley Kitchen's all-purpose gluten free is a natural alternative to wheat. Whether replacing some or all of the wheat in a recipe, this blend of freshly milled flax seeds, organic buckwheat, gluten free oats, and organic corn is an easy solution.

All ingredients are non-GMO, produced in Canada and processed in the Valley Flaxflour allergen free, HACCP controlled facility located in Middleton, Nova Scotia.

No gums or starches are needed. Follow simple instructions using common ingredients to make an amazing variety of delicious foods everyone will enjoy.

Flax'n Blueberry Smoothie Booster

Valley Kitchen Flax'n Blueberry Flour Blend is a unique combination of milled, sifted flax flour and finely processed dried blueberry powder. Dried blueberry powder is made from the skins, seeds and pulp of the blueberries after they have been juiced. Blueberry powder is a highly concentrated source of anthocyanin anti-oxidants.

Combining the goodness of flax flour with blueberry powder provides an easy to use, delicious source of omega-3 fat, protein, fibre, and anti-oxidants.

This flour blend is designed to enhance the nutritional value of breads, muffins, cookies, shakes and smoothies.

Nutrition facts for Flax'n Blueberry Flour Blend

Nutrition Facts / Valeur nutritive			
Serving size 6 g (15 ml) Portion 6 g (15 ml)			
Amount Per Serving / Teneur par portion			
Calories / Calories	25	kcal	
Total Fat / Lipides	2	g	3 %
Saturated / saturés	0	g	0 %
Trans / trans	0	g	
Cholesterol / Cholesterol	0	mg	
Sodium / Sodium	0	mg	0 %
Total Carbohydrate / Glucidés	3	g	1 %
Dietray Fibre / Fibres alimentaires	2	g	8 %
Sugars / Sucres	0	g	
Protein / Protéines	1	g	
Vitamin A / Vitamin A			0 %
Vitamin C / Vitamin C			0 %
Calcium / Calcium			2 %
Iron / Fer			4 %

Our Guarantee

We want your experience with Valley Kitchen ingredients and mixes to be successful and enjoyable for you, your family and friends. If you have problems, issues, concerns and comments, please contact us customerservice@flaxflour.com or phone 1-866-825-8256 (Toll free Canada).

Notes and Tips

How much flax flour should I use?

Most people find it convenient and beneficial to use about 2 tablespoons of flax flour every 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 equal 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.

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.

Many of the people who use flax flour have their own ways of including it in their diet every day. This adds omega-3 fat, protein and fibre to their meal or snack. Here are a few of their suggestions.

Breakfast Drinks: Mix 1 – 2 Tbsp of flax flour into your morning juice.

Toast: Mix 1 – 2 tsp of flax flour with the jam, jelly or honey you spread on your toast.

Dry Cereal: Mix 2 – 3 Tbsp of flax flour to your morning cereal.

Muffins: Add flax flour to your muffin mixes.

Meatloaf: Use flax flour as a nutritious binder in your meatloaf and hamburger patties.

“Breading” for Fish or chicken:

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

Substitutions

- ♥ When you add flax flour to a recipe, increase the liquid by an equal amount.
- ♥ 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.
- ♥ 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.
- ♥ 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.
- ♥ **Replace other fibre sources** with Flax Flour to enhance the nutritional quality of your meal or snack.
- ♥ 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, or all, of the oil in a recipe can be removed when flax flour is added.
- ♥ 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 Gel

Yield: 250 ml (1 cup)

310	ml	water	1 1/4	cup
30	ml	whole flax seeds	2	Tbsp

1. Make flax gel by placing the water and whole flax seeds in a medium size pot.
2. Bring to the boil, reduce heat and simmer for about 5 minutes.
3. Remove from the heat, strain and set the liquid aside to cool.

After the flax gel has cooled to handling temperature, refrigerate for later use, or use immediately for making tortillas.

Flax gel is an excellent replacement for eggs, egg whites and other gums or starches used in gluten free baking.

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	yogurt or tofu (optional)	1/4 to 1/2 cup
	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 Smoothie

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
60 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
60 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.

Shake with Kefir and Orange Juice

Yield: 1 serving

125	ml	kefir, 2% mf	½	cup
250	ml	orange juice	1	cup
15	ml	maple syrup	1	Tbsp
15	ml	golden flax flour	1	Tbsp

1. Combine all ingredients in a glass or shaker.
2. Shake to blend.

Substitutions: any other juice you like; honey or other sweetener for the maple syrup.

COMBINING PRE & PRO BIOTICS

There has been evidence for quite a while now that anti-biotics can damage the bacteria in the gut. So for the past several years, nutritionists and physicians have been promoting the use of acidophilus tablets and probiotic foods when taking anti-biotics.

Recently, there is mounting evidence that probiotic foods including bioactive yogurt, kefir, sauerkraut, kimchi, soft cheese and other fermented foods provide benefit to our digestion, even if we have not been on anti-biotics.

As live organisms, probiotics need a food source in the gut.

This is where prebiotic foods, including milled flax seeds, berries, onions, garlic, apples and bananas, come in to play, so to speak. These prebiotic foods, which many of us eat every day already, provide the fibre which is the food source for these friendly bacteria.

This simple, delicious shake combines prebiotic flax with probiotic kefir to help with our spring tune-up.

And it's great for all ages!

Prune Flax Puree

Yield: 10 x 1/3 cup (80 ml) servings

500 ml	water (or juice of choice)	2 cups
20 to 25	prunes, pitted bite size	1 cup
	<i>OR substitute</i> 180 ml ($\frac{3}{4}$ cup)	prune puree
160 ml	flax flour	$\frac{2}{3}$ cup

1. Check the prunes for bits of pit. Remove if present.
2. In a blender, puree all ingredients together until smooth.
3. Refrigerate after blending.

To make this a drink, measure a serving of the puree into a glass and thin it with additional water or juice.

You can also place a serving in a bowl and **mix it with cooked oatmeal**, applesauce, yogurt or pudding.

Prebiotic and Probiotic

This recipe provides prebiotic fibre. Add 1 cup of probiotic yogurt or kefir for probiotic benefits.

Using juice instead of water, or mixing the puree with another ingredient, will add flavor but also increase the calories and sugar content.

This prune flax puree adds **fibre, omega-3 fat and anti-oxidants** to your diet.



Hot Cereal

Yield: 1 serving

water	$\frac{3}{4}$ to 1	cup
gluten free 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.

KETO FRIENDLY - Flax 'n Egg Wrap

Yield: 1 or 2 servings

2		eggs	2
60	ml	flax flour	¼ cup
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.

KETO FRIENDLY - Lunch Wrap

Yield: 1 or 2 servings

2		eggs	2
60	ml	flax flour	¼ cup
60	ml	canned meat or fish	¼ cup
		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	1/2 tsp
	fresh ground pepper, 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 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.

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

Peanut Butter Cookies

Yield: 16 cookies

125	ml	brown sugar	½	cup
1		egg, large	1	
5	ml	vanilla	1	tsp
125	ml	peanut butter	½	cup
250	ml	flax flour	1	cup
60	ml	buckwheat flour	1/4	cup
5	ml	baking powder	1	tsp

1. Preheat oven to 350° F.
2. Beat together the sugar, egg and vanilla.
3. Blend in the peanut butter.
4. Add the flax flour, buckwheat flour and baking powder. Mix until completely blended.
5. Scoop 2 Tbsp of the batter onto a non-stick baking sheet and flatten with a fork.
6. Repeat with the remaining dough.
7. Bake for 12 minutes.
8. Cool for 1-2 minutes and then move to a wire rack.

Date Squares

Yield: 1 pan, 9 x 9 inches

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

Cheesecake Crust

Yield: 1 crust for a 9 to 10 inch spring form pan

160	ml	buckwheat flour	2/3 cup
30	ml	golden flax flour	2 Tbsp
30	ml	butter	2 Tbsp
60	ml	cold water	1/4 cup

1. Pre-heat the oven to 300° F
2. In a bowl, combine the buckwheat and flax flour. Cut the butter into the flour. Add the water and blend with a fork to make a crumb-like texture
3. Spread the crumb over the bottom of the pan and lightly press
4. Bake for 10 minutes
5. Allow to cool before filling

Pie Dough

Yield: 1 double crust, 8 to 10 inch round

500	ml	buckwheat flour	2 cups
60	ml	golden flax flour	¼ cup
15	ml	white sugar (optional)	1 Tbsp
5	ml	baking powder	1 tsp
125	ml	butter, cold	1/2 cup
3		eggs	3
		extra buckwheat flour for rolling	

1. In a large bowl or food processor, blend the buckwheat flour, golden flax flour, sugar (optional) and baking powder.
2. Cut the butter into small cubes and add to dry mixture. Pulse the blades to cut the butter into the flour. The butter should be small pieces but still visible.
3. Break the eggs into a bowl and add them to the dough. Pulse several times to mix.
4. Turn the dough onto a work surface and, using a dough scraper or similar tool, gather the dough into a rough ball. Work the dough until it holds together. Knead several times to completely blend the dough.
5. Divide the dough into two portions, a larger one for the bottom crust and the remainder for the top. Wrap and refrigerate for 10 minutes to chill the butter.
6. Roll the larger portion of dough on parchment paper to fit the pie plate.
7. Lift the dough off the parchment paper into the pie plate. Trim the excess. Refrigerate while you prepare the filling.
8. Prepare the filling and place it in the pie shell.
9. Moisten the edge of the pie dough with water.
10. Roll the second dough portion and lift it on top of the filling, covering the edge of the plate.
11. Press the two edges of the dough together. Trim off excess dough.
12. Cut vents in the top to allow steam to escape.
13. Bake the pie at 425 °F for 15 min and then at 350 °F for 30 minutes or as otherwise required to cook the filling.

Tortillas

Yield: 8 tortillas about 8 inch round

250	ml	flax gel	1	cup
335	ml	buckwheat flour	1 1/3	cups
180	ml	golden flax flour	3/4	cup

Extra buckwheat flour for rolling

1. In a heavy glass bowl, combine the buckwheat and flax flour.
2. Stir in the warm flax gel.
3. Mix with a strong spoon, or use a counter top mixer, for 2 to 3 minutes, until a soft dough is formed.
4. Generously flour the work surface with buckwheat flour.
5. Scoop about 80 ml (1/3 cup) or #16 ice cream scoop onto the work surface.
6. Coat with flour and then kneed with additional flour until the dough loses its stickiness but is still soft.
7. Roll the dough until it is very thin and the desired diameter. Trim to form a smooth round tortilla.
8. Bake on a hot, dry griddle or cast iron frying pan until the edges begin to curl (30 to 45 seconds), turn and continue cooking until the edges curl again (20 to 30 seconds).
9. Stack the tortillas on a plate lined with paper towel and cover until cool. When cool, package for later use.

These tortillas freeze well. Rewarm in a microwave for a few seconds.

Enjoy these tortillas with any of your favourite fillings.

Flax Gel

Yield: 250 ml (1 cup)

310	ml	water	1 1/4	cup
30	ml	Valley flax flour or whole flax seeds	2	Tbsp

1. Make flax gel by placing the water and flax flour or seeds in a medium size pot.
2. Bring to the boil, reduce heat and simmer for about 5 minutes.
3. Set aside to cool. If using the whole seeds, strain out the seeds before cooling.

Flax gel is an excellent replacement for eggs, egg whites and other gums or starches used in gluten free baking

After the flax gel has cooled to handling temperature, refrigerate for later use, or use immediately for making tortillas.

Oatmeal Coconut Cookies

Yield: 24 cookies

125 ml	flax flour, brown or golden	½	cup
125 ml	brown sugar	½	cup
180 ml	milk or orange juice	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	gluten free 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, milk, 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 more liquid makes a softer cookie which will spread larger on the baking sheet.

Bella's Fruit & Seed Bars

Yield: 21 bars

250 ml	dried fruit, sulfur free, chopped	1	cup
	try ½ c each cranberries and raisins		
250 ml	dry roasted seeds, non-salted	1	cup
	try ½ c each sunflower and pumpkin seeds		
2 ml	cinnamon	1/2	tsp
500 ml	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. Mix.
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.

Allergen free School friendly

RECIPES USING WHEAT FLOUR

Waffles

Yield: 4 waffles (2 servings)

185 ml	milk, 1%	3/4 cup
60 ml	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, flax flour, egg, sugar, and 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 flax flour, white flour, whole wheat 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
180	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: 12 large muffins

250 ml	whole wheat flour	1 cup
60 ml	all-purpose flour	¼ cup
125 ml	flax flour	½ cup
125 ml	granulated white sugar	½ cup
15 ml	baking powder	1 Tbsp
2.5 ml	baking soda	½ tsp
7.5 ml	ground cinnamon	½ Tbsp
2.5 ml	ground nutmeg	½ tsp
2.5 ml	ground ginger	½ tsp
60 ml	candied ginger, chopped	¼ cup
180 ml	raisins	¾ cup
180 ml	pumpkin puree	¾ cup
30 ml	vegetable oil	2 Tbsp
375 ml	buttermilk	1 ½ cups
2	large eggs	2

1. Prepare 12 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, candied ginger and raisins.
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 25 to 27 minutes or until firm to the touch.

Enjoy the candied ginger explosion in these nutritious muffins.

Christmas Squares

Yield: 24

125 ml	butter, melted	1/2 cup
430 ml	Graham cracker crumbs	1 3/4 cup
30 ml	sugar	2 Tbsp
125 ml	flax flour	1/2 cup
125 ml	chocolate chips	1/2 cup
250 ml	flaked coconut, unsweetened	1 cup
250 ml	pecans, finely chopped	1 cup
125 ml	flax flour	1/2 cup
250 ml	candied cherries and mixed peel	1 cup
300 ml	Sweetened condensed milk	1 1/4 cup

1. Preheat oven to 325°F.
2. Lightly grease a 9 x 13 baking pan or line with parchment paper.
3. Combine the melted butter, Graham cracker crumbs, sugar, and flax flour. Press into the bottom of the baking pan.
4. Combine the chocolate chips, coconut, pecans, flax flour, and candied fruit. Spread on top of the crumb mixture.
5. Pour the sweetened condensed milk on top.
6. Bake for 25 minutes, or until sweetened condensed milk begins to brown and set.
7. Cool before cutting.

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	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, gluten, 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	Your favourite Beer , flat, warm to room temperature	1	bottle
375 ml	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	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, 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

180 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	1 1/2 to 1 3/4 cup
	cornmeal	

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
625 ml	white flour	2 ½ cup
2.5 ml	salt	1/2 tsp
15 ml	dry instant yeast	1 Tbsp
330 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. Continuing to mix, 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

60 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
60 ml	flax flour	1/4 cup
60 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 wish.

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	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.

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 water 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 1/4 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	water	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 water 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. Roll to 1/16 inch thick.
8. Cut the dough into squares and place on a non-greased baking sheet.
9. Bake 15 minutes, or 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	cups
375 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 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
20 ml	sour cream to thin the icing	4	tsp

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	1 Tbsp
2 ml	salt	½ tsp
180 ml	sugar	¾ cup
60 ml	margarine	¼ cup
1	egg	1
10 ml	vanilla	2 tsp
175 ml	milk	¾ cup
375 ml	blueberries	1 ½ 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. Beat in the 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.

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
2	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.