

All about Flax



**Two Types of Flaxseed -
Brown and Golden**
Interchangeable and
nutritionally the same.

Grinding Flaxseed
Whole flaxseed is high in fibre,
but grinding flaxseed will
release omega 3 fats,
phytoestrogens and more fibre.
You can grind flaxseed using
a spice mill, coffee
grinder, or food
processor or
blender.



Buying Flaxseed
Find flaxseed at your local grocery
store or health food store.

- **Whole flaxseed** in the packaged
grains or bulk food section.
- **Ground flaxseed** is usually
found with the packaged grains
or bulk food section.
- **Flaxseed oil** is found in the
refrigerated section.

Storing Ground Flaxseed
Store in an opaque, airtight
container in the fridge for up to 3
months or in the freezer for up to
1 year for maximum freshness.

Flaxseed contains

- omega 3 fats
- soluble fibre
- insoluble fibre
- antioxidants
- phytoestrogens

**Research Shows that Eating
Ground Flaxseed may Help:**

- Lower cholesterol
- Protect against heart disease
- Lower the risk of breast and
prostate cancers
- Improve blood sugar control
- Improve digestive health
- Reduce Inflammation
- Reduce hot flashes in
menopausal women

Try to Get #2TbspFlaxPerDay
Aim to eat 2 Tbsp (30 mL) of
ground flaxseed per day.



Start slowly with 2 tsp (10 mL)
per day to let your body
adjust, then work your way up.

Flax Granola



Ingredients

2 cups (500 mL) large flake rolled oats
 ½ cup (125 mL) ground flaxseed
 ¾ cup (175 mL) unsweetened coconut flakes
 2 Tbsp (30 mL) whole flaxseed
 ¼ cup (60 mL) slivered almonds
 ½ tsp (2 mL) ground cinnamon
 ¼ tsp (1 mL) salt
 1 Tbsp (15 mL) milk
 ½ cup (125 mL) canola oil
 ⅓ cup (75 mL) honey

Cook's Note Serve in small bowls with cold or warmed milk or sprinkle over yogurt, fresh fruit or berries.

Instructions

1. Preheat oven to 300° F (150° C).
2. In a large roasting pan, mix oats, ground flaxseed, coconut, whole flaxseed, almonds, cinnamon and salt.
3. In a bowl, mix together milk, canola oil and honey. Pour over dry mixture, mixing well until evenly moistened.
4. Press mixture onto a baking sheet and bake 20-30 minutes until oats are crisp and golden.
5. Remove from oven and let cool before breaking apart into chunks.
6. Store in airtight containers or plastic bags for up to 1-2 weeks.

Yield 8 servings

Serving Size 75 mL (⅓ cup).

Each serving contains 1½ Tbsp (20 mL) **flaxseed**.

Nutritional Analysis

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 26 g |
| Saturated Fat | 6 g |
| Cholesterol | 0 mg |
| Carbohydrates | 34 g |
| Fibre | 6 g |
| Sugar | 12 g |
| Protein | 6 g |
| Sodium | 80 mg |
| Potassium | 161 mg |
| Folate | 8 mcg |

Cinnamon APPLE Flax Bites



Ingredients

1 cup (250 mL) rolled oats
 1 cup (250 mL) ground flaxseed
 ½ cup (125 mL) chopped pecans
 ½ cup (125 mL) dried apple (not freeze dried)
 ⅓ cup (75 mL) maple syrup
 1 tsp (5 mL) ground cinnamon

Instructions

1. In a food processor blend oats until fine. Add flax, pecans, apple, maple syrup and cinnamon. Process until it forms a thick paste. Scrape down the sides as needed.
2. Scoop out 1 Tbsp (15 mL) of mixture and roll into balls. Refrigerate for 30 minutes and serve. Store, covered, in the refrigerator for up to 5 days.

Yield 20 energy bites

Serving Size 2 energy bites. Each serving contains

2 Tbsp (30 mL) ground flax

Nutritional Analysis

| | |
|---------------|-------|
| Calories | 160 |
| Total Fat | 7 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Carbohydrates | 21 g |
| Fibre | 5 g |
| Sugar | 9 g |
| Protein | 4 g |
| Sodium | 5 mg |
| Potassium | 79 mg |