



healthyflax.org

Eat Right. Live Bright!



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Flaxseed has many health benefits.

1. **Flaxseed is High in Fibre:** Flaxseed contains both soluble fibre that helps lower cholesterol, and insoluble fibre that helps prevent constipation.
2. **Flaxseed contains Omega-3 Fats:** Omega-3 fats are essential fats as our bodies need them but can't make them. Therefore, we need to get them from a food source. Higher intake of omega-3 fats is associated with lower rates of heart disease, stroke and high blood pressure. Grind flaxseed to release the omega-3 fats.
3. **Flaxseed is one of the Best Sources of Lignans:** Lignans are high in antioxidants and are phytoestrogens that help regulate hormone levels. Lignans may help to reduce the risk of breast and prostate cancer. Flaxseed may also reduce hot flashes in menopausal woman.

Health Claim for Flax

In 2014, Health Canada approved a health claim for flax based on evidence that linked ground (milled) whole flaxseed with reductions in blood cholesterol.

An example of the permitted claim for ground flaxseed is:

16 g (2 tablespoons) of ground flaxseed supplies 40% of the daily amount shown to help lower cholesterol

The "daily amount" referred to in the claim is 40 g (5 tablespoons) of ground whole flaxseed. In addition to the primary claim statement, the following statements may be used:

- Ground (whole) flaxseed helps reduce/lower cholesterol
- High cholesterol is a risk factor for heart disease
- Ground (whole) flaxseed helps reduce/lower cholesterol, (which is) a risk factor for heart disease

Yellow Flaxseed

Brown Flaxseed



Do I need to grind my flaxseed?

Whole flaxseed is high in fibre but grinding flaxseed releases omega-3 fats, lignans and more fibre. Grinding flaxseed makes it easier for your body to get the full benefits of flaxseed.

Grinding Flaxseed:

Grinding flaxseed is easy. Flaxseed can be ground by hand using a spice mill or mortar and pestle. Or for quicker results, add whole flaxseed to a coffee or spice grinder, food processor or blender. It will only take about 10 to 15 seconds to grind the flaxseed to a fine consistency. You can also buy flax already ground.



Storing Flaxseed:

Whole flaxseed can be stored in a cool, dry, dark place for up to a year. Ground flaxseed kept refrigerated in an opaque container is good for up to 3 months. Whole or ground flaxseed can be frozen for longer shelf life. Flaxseed will smell rancid if it is no longer good to eat.

Flaxseed Can Replace Fat in Baking:

Flaxseed can replace some or even all of the fat called for in a recipe because of its high oil content. Generally, 3 Tbsp (45 mL) of ground flaxseed can replace 1 Tbsp (15 mL) of butter, oil or other fat. As a rule, use a 3:1 ground flaxseed to fat or oil substitution ratio. When ground flaxseed is used instead of other fats, baked goods tend to be denser and brown more rapidly.

Flaxseed Can Replace Eggs in Baking:

A flaxseed mixture can be substituted for eggs in baking recipes like pancakes, muffins, and cookies. Replace each egg with 1 Tbsp (15 mL) of ground flaxseed, plus 3 Tbsp (45 mL) water. Mix ground flaxseed and water in a small bowl and let sit for 1 to 2 minutes. Add to your recipe as you would an egg.

Ground Yellow Flaxseed

Ground Brown Flaxseed



Overnight Oat and Apple Pancakes

Ingredients:

2 ¼ (550 mL) cups 1% buttermilk
2 cups (500 mL) quick cooking oats
2 large eggs, lightly beaten
2 Tbsp (25 mL) melted unsalted butter
1 tsp (5 mL) vanilla
1 small apple, cored and diced or about 1 cup (250 mL)
½ cup (125 mL) ground golden **flaxseed**
2 Tbsp (25 mL) brown sugar
1 tsp (5 mL) baking powder
1 tsp (5 mL) baking soda
1/2 tsp (2 mL) ground cinnamon
¼ tsp (1 mL) salt
dash of nutmeg
canola oil for oiling griddle

Instructions:

1. In a bowl, combine buttermilk and oats. Stir well. Cover and refrigerate overnight.
2. Preheat griddle or large frying pan over medium heat. Add eggs, butter, vanilla and diced apple to oat mixture.
3. In another bowl, combine ground **flaxseed**, brown sugar, baking powder, baking soda, cinnamon, salt and nutmeg. Stir. Add to oat mixture and stir until just moistened.
4. If batter seems too thick, add up to 1/4 cup (50 mL) more buttermilk.
5. Lightly oil griddle. Using a 1/3 cup (75 mL) measure, scoop batter onto griddle smoothing to a 4 inch (10 cm) circle.
6. Cook 2 to 3 minutes or until bubbles appear on the surface and begin to pop. Flip and cook other side 1 ½ to 2 minutes until lightly browned. Keep warm in oven until all pancakes are cooked.

Yield: 15

Serving Size:

3 pancakes

**Each serving contains
2 Tbsp (25 mL) of flax.**

Nutritional Analysis

Calories 337
Total Fat 14 g
Saturated Fat 4 g
Cholesterol 92 mg
Carbohydrates 42 g
Fibre 8 g
Sugar 13 g
Protein 14 g
Sodium 521 mg
Potassium 54 mg





Saskatoon Oat and Seed Bread

Ingredients:

1 cup (250 mL) oat bran
½ cup (125 mL) quick cooking oats
½ cup (125 mL) whole wheat flour
1 tsp (5 mL) baking soda
1 tsp (5 mL) baking powder
½ tsp (2 mL) salt
1/3 cup (75 mL) ground **flaxseed**
1/3 cup (75 mL) lightly packed brown sugar
¼ cup (50 mL) unsalted, toasted sunflower seeds
¼ cup (50 mL) unsalted, toasted pumpkin seeds
2 Tbsp (25 mL) whole **flaxseed**
2 Tbsp (25 mL) sesame seeds
2 Tbsp (25 mL) poppy seeds
1 ¼ cups (300 mL) 1% buttermilk
1 large egg, beaten
2 Tbsp (25 mL) canola oil
150 mL fresh berries (or frozen, thawed & drained) 2/3 cup

Instructions:

1. Preheat oven to 350°F (180°C) and position rack in the center of the oven.
2. In a large bowl, combine oat bran, oats, flours, baking soda, baking powder, salt ground **flaxseed**, brown sugar, sunflower seeds, pumpkin seeds, whole **flaxseed**, sesame seeds and poppy seeds. Mix well.
3. In another bowl, whisk buttermilk, egg and canola oil. Add to dry ingredients. Stir until moistened.
4. Gently stir in berries. Spoon batter into a 9 x 5 inch (22 x 12.5 cm) loaf pan that has been sprayed with a nonstick cooking spray.
5. Bake 50 to 60 minutes or until wooden skewer inserted in the centre of the loaf comes out clean.
6. Cool in pan 10 minutes before removing to cooling rack. Cool completely before slicing or wrapping.

Cooks Notes: Substitute for buttermilk: 1¼ cups (300 mL) 1% milk plus 2 tsp (10 mL) vinegar or lemon juice. Let sit 5 minutes. Bread may be stored in an airtight container for up to 2 days or frozen for up to 2 months.

How to toast seeds: Preheat oven to 350°F (180°C). Combine sunflower and pumpkin seeds in pie plate. Toast 3 minutes, stir, toast 3 minutes, stir again. If needed, toast another 2 to 3 minutes until lightly browned.

Yield: 1 loaf (16 slices)

Serving Size:

1–1/2 inch (1 cm) slice

**Each serving contains 1
tsp (5 mL) of flax.**

Nutritional Analysis

Calories 130
Total Fat 6 g
Saturated Fat <1 g
Cholesterol 13 mg
Carbohydrates 17 g
Fibre 3 g
Sugars 6 g
Protein 5 g
Sodium 168 g
Potassium 128 mg



Golden Crackers

Ingredients:

- 1 1/2 cup (375 mL) whole wheat flour
- 1/2 cup (125 mL) oat bran
- 1/4 cup (50 mL) ground golden **flaxseed**
- 2 Tbsp (25 mL) whole golden **flaxseed**
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1/4 cup (50 mL) canola oil
- 1/2 cup (125 mL) 1% buttermilk
- 1 large egg

Instructions:

1. Preheat oven to 400°F (200°C). In a bowl, combine flour, oat bran, ground **flaxseed**, **flaxseed**, baking soda and salt.
2. Drizzle with canola oil. Mix well, then work with hands as for pie dough to a crumbly texture.
3. In another bowl whisk together buttermilk and egg. Add to dry mixture. Mix to form a ball of dough.
* Knead about 20 times.
4. On a lightly floured countertop, roll dough to 12 x 18 inch (30 cm x 45 cm) rectangle. Cut into 2 x 2 inch (5 x 5 cm) squares for a total of 54.
5. Place squares on large baking sheet that has been sprayed with a non stick cooking spray. Prick tops a few times with a fork.
6. Bake 12 minutes or until lightly browned. After cooling, store in an airtight container.

Variation: add 10 mL (2 tsp) finely chopped fresh rosemary and 5 mL (1 tsp) black pepper. Brown **flaxseed** may be substituted for golden **flaxseed**.

Cooks Note: Dough should be soft but not stick to your fingers. If dough is too wet, work in flour 15 mL (1 Tbsp) at a time. If dough is too dry, add buttermilk 15 mL (1 Tbsp) at a time. Crackers can be stored in an airtight container for up to 3 days or frozen for up to 3 months.

Yield:

54–5 x 5 cm (2 x 2 inch) squares

Serving Size: 2 squares.

Each serving contains
1/2 tsp (2 mL) of flax.

Nutritional Analysis

Calories 53
Total Fat 3 g
Saturated Fat 0 g
Cholesterol 7 mg
Carbohydrates 7 g
Fibre 1 g
Sugar 0 g
Protein 2 g
Sodium 45 mg
Potassium 39 mg

Greek Oat Bread

Ingredients:

1 cup (250 mL) whole wheat flour
3/4 cup (175 mL) oat flour
1/4 cup (50 mL) ground **flaxseed**
1 tsp (5 mL) crushed oregano
1 tsp (5 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) granulated garlic
1/4 cup (50 mL) light crumbled feta cheese
2 Tbsp (25 mL) chopped Kalamata olives (about 6)
1 cup (250 mL) fat free plain Greek yogurt
1 Tbsp (15 mL) olive oil
1 Tbsp (15 mL) liquid honey
olive oil, coarse sea salt for garnish (optional)

Instructions:

1. Position rack in centre of oven and preheat to 450°F (220°C).
2. In a large bowl, combine flour, oat flour, **flaxseed**, oregano, baking powder, baking soda and garlic. Stir well.
3. Add feta and olives In a separate bowl whisk together yogurt, olive oil and honey. Add to dry ingredients, stirring to moisten.
4. With lightly oiled hands, form dough into a ball. Place on a lightly oiled and floured baking sheet. Pat into a circle 20 cm (8 inches) in diameter and 1 cm (1/2 inch) thick. Prick all over with a fork.
5. Bake 12 to 15 minutes until browned on the bottom and lightly browned on top. Remove from oven, let cool 10 minutes. Cut into 8 wedges. Serve warm with a light drizzle of olive oil and a few grains of coarse sea salt.

Cooks Note: Substitute chopped sun dried tomatoes for the olives. Bread can be stored in an airtight container for up to 2 days or frozen for up to 2 months.

Yield: 8 servings

Serving Size: 1 wedge

Each serving contains
1 tsp (5 mL) of flax.

Nutritional Analysis

Calories 149
Total Fat 6 g
Saturated Fat 1 g
Cholesterol 4 mg
Carbohydrates 20 g
Fibre 1 g
sugar 1 g
Protein 7 g
Sodium 204 mg
Potassium 118 mg



Oat Risotto

Ingredients:

- 1 small onion, diced
- 1 Tbsp (15 mL) canola oil
- 1 cup (250 mL) steel cut oats
- 3 cups (750 mL) low sodium chicken broth, heated
- ½ cup (125 mL) white wine
- ½ cup (125 mL) frozen baby peas, thawed
- 1 Tbsp (15 mL) chopped fresh herbs such as rosemary, thyme, parsley, dill, etc.
- 2 Tbsp (25 mL) ground **flaxseed**
- 1 Tbsp (15 mL) grated Parmesan cheese

Instructions:

1. In a medium pan, over medium heat, sauté diced onion in canola oil for 1 minute. Add oats, cook and stir 3 minutes until starting to lightly toast and smell nutty.
2. Add 1/2 cup (125 mL) hot broth, stirring constantly until liquid is absorbed. Repeat with another 1/2 cup (125 mL) doing the same until you've added the remaining broth.
3. Add peas and herbs. Stir in wine, cook and stir until wine is absorbed. Risotto is served al dente. Taste and check texture, until cooked but slightly firm to the bite.
4. Remove from heat, stir in ground **flaxseed** and Parmesan.

Variations: Add at the fourth addition of broth:

- 1/2 cup (125 mL) diced zucchini, edamame, etc.
- 1/2 cup (125 mL) sliced mushrooms
- 1/4 cup (50 mL) chopped sundried tomatoes.

Wine may be substituted for 1/2 cup (125 mL) of chicken broth. Risotto should be served a little on the soupy side not thick like porridge.

Yield:

3 cups (750 mL)

Serving Size:

4 (3/4 cup/175 mL)

Each serving contains

1 tsp (5 mL) of flax.

Nutritional Analysis

Calories 150
Total Fat 5 g
Saturated Fat 1 g
Cholesterol 1 mg
Carbohydrates 20 g
Fibre 4 g
Sugar 0 g
Protein 6 g
Sodium 54 mg
Potassium 32 mg
Potassium 53 mg





Crunchy Granola Bars

Ingredients:

- 2/3 cup (150 mL) lightly packed brown sugar
- 1/3 cup (75 mL) unsalted butter
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) vanilla
- 1¼ cup (300 mL) quick cooking oats
- ½ cup (125 mL) ground **flaxseed**
- ½ cup (125 mL) ground almonds
- 2 Tbsp (25 mL) whole **flaxseed**

Instructions:

1. Preheat oven to 325°F (170°C).
2. In a medium saucepan, over medium heat, combine brown sugar and butter. Stir constantly while butter is melting and comes to a boil. Boil 2 minutes, stirring occasionally. Remove from heat.
3. Stir in baking soda and vanilla. Add oats, ground **flaxseed**, almonds and whole **flaxseed**. Stir well. Press into a 8 x 8 inch (20 x 20 cm pan) that has been sprayed with a nonstick cooking spray.
4. Bake 12 minutes or until golden brown on top and starting to brown around the edges.
5. Remove from oven and cool. When cool cut into 8 - 2 x 4 inch (5 cm x 10 cm) bars using a sharp knife and wrap individually.

Variation: For a chewier bar reduce brown sugar to 1/3 cup (75 mL), add 1/4 cup (50 mL) liquid honey. Continue as above. It will puff up while baking and will be soft to the touch on top. It will deflate when removed from oven. Let cool to just warm to the touch before cutting and removing from pan. (It's harder to remove if left too long in the pan.)

Cooks Notes: Bars can be stored in an airtight container for up to 3 days or frozen for up to 3 months.

Yield: 8–2 x 4 inch (5 x 10 cm) bars

Serving Size: 1 bar

**Each serving contains
1 Tbsp (15 mL) of flax.**

Nutritional Analysis

Calories 268
Total Fat 16 g
Saturated Fat 5 g
Cholesterol 19 mg
Carbohydrates 32 g
Fibre 5 g
Sugar 18 g
Protein 6 g
Sodium 170 mg
Potassium 151 mg



Caribbean Crunch Muffins

Ingredients:

- 1/3 cup (75 mL) pitted, chopped dates
- 1/3 cup (75 mL) coconut oil, melted
- 1 cup (250 mL) mashed ripe bananas (3 small)
- 2 large eggs
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) quick cooking oats
- 3/4 cup (175 mL) all purpose unbleached flour
- 1/2 cup (125 mL) chopped pecans
- 1/3 cup (75 mL) unsweetened medium coconut
- 1/4 cup (50 mL) ground **flaxseed**
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) ground cinnamon

Topping:

- 1/2 cup (125 mL) quick cooking oats
- 1/4 cup (50 mL) coconut sugar or brown sugar
- 2 Tbsp (25 mL) coconut oil, melted
- 2 Tbsp (5 mL) finely chopped pecans
- 1 Tbsp (25 mL) unsweetened medium coconut

Yield: 12 muffins

Serving Size: 1 muffin

Each serving contains
3/4 tsp (4 mL) of flax.

Nutritional Analysis

Calories 251
Total Fat 16 g
Saturated Fat 10 g
Cholesterol 31 mg
Carbohydrates 24 g
Fibre 4 g
Sugar 7 g
Protein 5 g
Sodium 121 mg
Potassium 147 mg

Instructions:

1. Soften dates in 25 mL (2 Tbsp) boiling water. Preheat oven to 350°F (180°C). Position rack in centre of oven.
2. In a large bowl beat softened dates and coconut oil. Blend in banana, eggs and vanilla.
3. In another bowl, combine oats, flour, pecans, coconut, ground **flaxseed**, baking soda and cinnamon. Stir. Add to wet ingredients. Stir gently until combined.
4. Spoon 50 mL (1/4 cup) into muffin tins that have been sprayed with a nonstick cooking spray.
5. To make topping: in a bowl combine oats, sugar, coconut oil, pecans and coconut. Stir well. Sprinkle each muffin with 20 mL (1½ Tbsp) topping.
6. Bake 20 minutes or until tops spring back when lightly pressed. Let cool on rack 10 minutes before removing from tins. Remove from tins. Continue cooling on rack another 15 minutes. Muffins can be stored in an airtight container for up to 2 days or frozen up to 2 months.

Cooks Note: 75 mL (1/3 cup) chopped dried mango, papaya, pineapple, etc. can be added to the batter before baking. 75 mL (1/3 cup) brown sugar or coconut sugar may be used to replace the softened dates.

Peanut Butter Cookies

Ingredients:

1 1/2 cups (375 mL) natural peanut butter
1/2 cup (125 mL) margarine or butter
3/4 cup (175 mL) lightly packed brown sugar
1/2 cup (125 mL) granulated sugar
1 large egg
1 tsp (15 mL) vanilla
1 cup (250 mL) oat flour
1/2 cup (125 mL) all-purpose flour
1/3 cup (75 mL) ground **flaxseed**
1 tsp (5 mL) baking soda
1/2 tsp (2 mL) salt
1 cup (250 mL) old fashioned oats
1/3 cup (75 mL) chopped roasted peanuts
1/3 cup (75 mL) dried cranberries

Instructions:

1. Preheat oven to 375° F (190° C) and position rack in center of oven.
2. In a large bowl, cream peanut butter, margarine, brown sugar, and granulated sugar until light and fluffy. Beat in egg and vanilla.
3. In a small bowl, combine oat flour, flour, ground **flaxseed**, baking soda and salt. Stir and blend into creamed mixture. Add oats, peanuts and cranberries. Combine until all ingredients hold together to form a dough.
4. Scoop dough using 1 Tbsp (15 mL) measure, slightly rounded on top. Press and squeeze dough in palm of your hand to form into 1 1/2 inch (3.5 cm) balls. Place 2 inches (5 cm) apart on baking sheet that has been lightly sprayed with a nonstick cooking oil. Flatten cookies with the back of a floured fork, making a criss cross pattern.
5. Bake 10 minutes or until golden brown. Let cool 5 minutes on baking sheet. Remove cookies to cooling rack.

Cooks Notes: To make oat flour: In a small blender or coffee mill, process oats until finely ground. Cookies can be stored in an airtight container for up to 3 days or frozen up to 3 months.

Yield: 44 cookies

Serving Size: 2 cookies

Each serving contains
1/2 tsp (2 mL) of flax.

Nutritional Analysis

Calories 300
Total Fat 16 g
Saturated Fat 2 g
Cholesterol 9 mg
Carbohydrates 30 g
Fibre 3 g
Sugar 16 g
Protein 7 g
Sodium 223 mg



Five Easy ways to add Ground Flaxseed to your Diet:

1. Add ground flaxseed to your oatmeal or breakfast cereal.
2. Snack on a granola bar or muffin made with ground flaxseed.
3. Mix ground flaxseed into your yogurt.
4. Sprinkle ground flaxseed on your fruit salad.
5. Power up your smoothie with a spoonful of ground flaxseed.

Try to Get #2TbspFlax Per Day

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 to the high fibre content. Then work your way up to 2 Tbsp (15 mL) per day.



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Recipes courtesy SaskFlax.com and POGA.com

