

About Using Flax for Recipes, Etc.

Flax is an excellent way to add more fiber and omega 3 oils to your diet. Two tablespoons of Cold Milled Flax contains 3500 milligrams of Omega oils and 4 grams of dietary fiber. Flax can be found in grocery stores and is usually labeled “Cold Milled Flax – Ground Golden Flax”. It has the texture of coarse flour or instant cocoa powder. Try adding 2 to 4 tablespoons of flax to smoothies, cereal, oatmeal, yogurt, salads, pasta, juice, ice cream, baked goods, or any other of your favorite food. Flax increases the nutritional value of what it is added to and does not adversely affect the flavor.

Use Flax to substitute for 1 egg = 1 tbsp flax + 3 tbsp water; 1 tbsp margarine, butter, or oil = 3 tbsp flax. For more flax recipes, visit www.flaxusa.com

Flax Buttermilk Pancakes

Ingredients:	¼ cup ground flax seed	½ teaspoon baking soda
	2 teaspoons baking powder	1 tablespoon sugar or Splenda
	1 whole egg or ¼ cup Eggbeaters	½ teaspoon salt (optional)
	1 cup whole wheat flour	1 cup buttermilk (buttermilk is fat free)
	1 tablespoon Canola Oil	

Preparation

1. Combine flour, flax, baking soda, baking powder, salt and sugar in a large bowl.
2. In a separate bowl, mix egg, buttermilk, and oil with a whisk.
3. Add liquid ingredients to dry ingredients. Gently stir until moistened, but do not over mix. Batter should be a little lumpy.
4. Spray griddle or pan with non-stick spray. Cook pancakes on a hot griddle or pan.
5. Serve with topping like sugar free or low sugar syrup, sliced strawberries, blueberries, hot cinnamon applesauce, or all fruit preserves.