

# Gluten Free Flax Flour Recipes

For more great recipes using Valley flax flour, visit [www.valleyflaxflour.com](http://www.valleyflaxflour.com)

## Baking Gluten Free With Valley Flax Flour



# Table of Contents

**SOME NOTES ABOUT COOKING AND BAKING WITH FLAX..... 4**

**MAY WE SUGGEST... ..... 5**

**GLUTEN FREE RECIPES USING FLAX FLOUR..... 6**

    HOW MUCH FLAX FLOUR SHOULD I USE?..... 6

    HOW DO I USE FLAX FLOUR? ..... 6

**SOME GLUTEN FREE RECIPES FOR PERSONAL USE..... 7**

    HOT CEREAL..... 7

    COLD CEREAL..... 7

    APPLESAUCE..... 7

    TEA INFUSION ..... 7

    MEAT LOAF INDIVIDUAL PORTIONS..... 8

    ESPANOLA MEAT SAUCE ..... 9

    BLUEBERRY COOLER ..... 10

    STRAWBERRY SMOOTHIE..... 10

    STRAWBERRY SOUP ..... 11

    SALMON CAKES ..... 12

    SEASONED FISH FRY ..... 13

    PANCAKE WITH EGG AND FLAX FLOUR ..... 14

    LUNCH PANCAKE ..... 14

    DESSERT PANCAKE ..... 15

    FRUIT SMOOTHIE ..... 16

    PEANUT BUTTER COOKIES..... 16

    PUMPKIN LOAF ..... 17

    BUTTERMILK APPLE CAKE..... 18

    ADDING FLAX FLOUR TO GLUTEN FREE MUFFIN MIX ..... 18

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## About Valley Flaxflour Ltd....

Valley Flaxflour Ltd is a privately owned business located in Middleton, Nova Scotia. The company grew out of the need in long term care facilities for a source of milled flax seeds. Valley Flax Flour, whole milled flax seed, is being used in nursing homes and hospitals throughout the Maritimes, Quebec and Ontario to help reduce the pharmaceutical medications required to manage bowel care in elderly residents.

Valley Flaxflour Ltd has been producing Valley Flax Flour and the support materials required to successfully use flax flour as a food ingredient in the long term care environment since 1998.

Flax flour is a traditional source of fibre, providing approximately 4 g of fibre in each 30 ml (2 Tbsp) serving, being about 1/3<sup>rd</sup> soluble to 2/3<sup>rd</sup> insoluble. Flax is a valuable dietary source of omega-3 and 6 fatty acids, providing about 3.1 and 0.9 g per 30 ml serving respectively. Flax is also one of the richest sources of lignans, an anti-oxidant and phytoestrogen component with numerous biological properties.

To help ensure that our customers receive consistent premium quality flax flour, we use a quality management system to monitor our purchasing, milling and shipping processes. We are committed to constant improvement of the support resources available to our prospective and repeat customers as well as our long term clients.

If you have any questions, comments, or suggestions, please contact me.

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## Some Notes about Cooking and Baking With Flax

How much flax flour should I use?

Most people find it convenient and beneficial to use about 2 tablespoons (15 g) per day. This amount provides 5.6 grams of flax oil, 3.1 grams as omega-3 fatty acids and 4.1 grams of fibre. Two tablespoons of flax flour can help to bulk and form stools. To receive the benefits from the fibre, omega-3 fatty acids and lignans, you may prefer to use 4 - 5 tablespoons each day. This is still less than the amount used in most research studies with no apparent ill effects.

How do I use flax flour?

Flax flour 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 equivalent to the volume of flax flour you have added. Flax flour improves loaf volume, oven spring, and keeping qualities. It also enhances the flavor, appearance, and nutritive value of foods.

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. To replace oil in recipes, substitute 1 cup of flax flour for 1/3 cup of the oil.

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.

## May We Suggest...

Many of the people who are regularly using flax flour have their own ways of including it in their diet. Here are a few of their suggestions.

Breakfast Drinks:      Mix flax flour into your morning juice.

Toast:                      Mix flax flour with the jam or jelly you spread on your toast.

Dry Cereal:                Mix flax flour with yogurt and milk or water to fibre up your cereal.

Muffins:                    Add flax flour to your gluten free muffin mixes.

Meatloaf:                  Use flax flour as a nutritional extender in your meatloaf.

“Breading” for Fish or chicken:

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

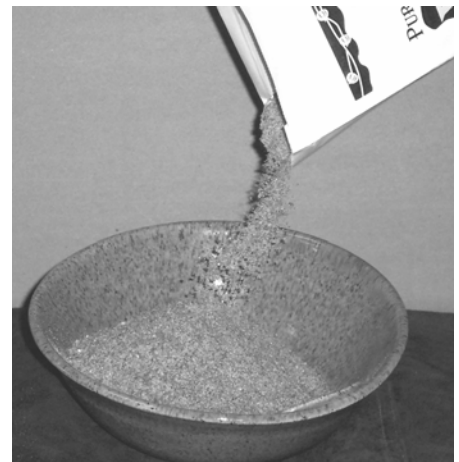
**Replace other fibre sources with Valley Flax Flour to enhance the nutritional quality of your meal or snack.**

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## Gluten Free Recipes Using Flax Flour

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## Some Gluten Free Recipes for Personal Use

### Hot Cereal

Yield: 1 serving

Water	190	ml	3/4	cup
Cereal	30	ml	2	Tbsp
Flax flour	30	ml	2	Tbsp

Boil the water. Stir in the cereal. Cook over low heat, stirring, for 1 minute. Remove from the heat. Stir in the flax flour.

Cornmeal, rice cereal, or other gluten free hot cereals can be used in this recipe. Adjust water for preferred consistency.

### Cold Cereal

Simply sprinkle 15 - 30 ml (1-2 Tbsp) of flax flour over your favorite cold cereal, add milk and sugar, or fruit.

### Applesauce

Try topping 1 cup of applesauce with 15 - 30 ml (1-2 Tbsp) of flax flour, your favorite sweetener and sprinkle with cinnamon. Fold the ingredients together and serve.

### 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.

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.

## Meat Loaf Individual Portions

### Ingredients

454	g	lean ground beef	1	lb
125	ml	tomato juice	½	cup
60	ml	flax flour, brown or golden	¼	cup
60	ml	dry gluten free bread crumbs	¼	cup
60	ml	minced onion (1 small)	¼	cup
10	ml	Worcestershire sauce	2	tsp
2	ml	fresh ground pepper	½	tsp
2	ml	minced garlic	½	tsp
2	ml	dry mustard	½	tsp
2	ml	chili powder	½	tsp
1	ml	summer savory	¼	tsp
1		egg, slightly beaten	1	
125	ml	ketchup	½	cup

1. Preheat oven to 180°C (350°F).
2. In a large bowl, mix together ingredients, except the ½ cup of ketchup.
3. Scoop the mixture evenly into large muffins tins.
4. Spread ketchup evenly over top.
5. Bake for 20 - 25 minutes, to an internal temperature of 70°C (160°F).
6. Remove from oven; let stand for 5 minutes before serving.

Yield: 10 portions

These delicious, moist mini-meatloaves are pre-portioned and easy to serve.

Each serving contains about 5 ml (1 tsp) of flax flour.

Using a # 16 ice cream scoop will help place the mixture evenly into the muffin tins.

Freeze well.

Contributed by Vivian Morris

## Espanola Meat Sauce

### 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

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

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

## Blueberry Cooler

### 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.

## Strawberry Smoothie

### Ingredients

500 ml	Fresh strawberries	2	cups
125 ml	Vanilla yogurt	1/2	cup
30 ml	Golden Flax Flour	2	Tbsp
65 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.
2. Blend to puree.
3. Stir in the chopped ice, champagne or sparkling water, as desired.
4. Divide between 2 tall glasses.
5. Serve immediately.

Yield: 2 servings

Combining the extraordinary functional benefits of strawberries and flax, this smoothie is a powerhouse of nutrients.

## Strawberry Soup

### Ingredients

125 ml	Vanilla yogurt	1/2	cup
30 ml	Golden Flax Flour	2	Tbsp
65 ml	Sugar, white	1/4	cup
2.5 ml	Vanilla extract	1/2	tsp
125 ml	Water	1/2	cup
500 ml	Fresh strawberries	2	cups
	<b>Garnish</b>		
60 ml	Vanilla yogurt	4	Tbsp
4	Strawberries, sliced	4	
4	Fresh mint sprigs	4	
125 ml	Champagne or sparkling water	1/2	cup

6. Combine the yogurt, flax flour, sugar, vanilla extract and water in a food processor. Blend thoroughly.
7. Add the fresh strawberries. Pulse to chop but do not puree.
8. Divide the soup among 4 serving bowls.
9. In the centre of each bowl, place a tablespoon of yogurt, topped with slices of fresh berry and the sprig of mint.
10. Using a container with a spout, carefully pour 2 tablespoons of champagne or sparkling water around the outside edge of each bowl.
11. Serve immediately.

Yield: 4 servings

This soup is so cool and refreshing, you may want to finish every meal with a bowl.

Providing 1.5 g of omega-3 fat and 3.9 g of fibre, this nutrient dense soup is a delicious way to enjoy these amazing berries.

## Salmon Cakes

### Ingredients

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	½	tsp
		fresh ground peppers, parsley, herbs – to taste		

3. Chop vegetables in food processor (or chop very finely by hand).
4. Add drained salmon / include bones; puree well.
5. Add egg, flax flour, herbs & spices. Mix well.
6. Melt a little butter or margarine in non-stick pan.
7. Drop salmon mixture by spoonful into hot pan.
8. Cook on one side until set & browned.
9. Turn carefully as they are quite soft. Cook on other side.

### Notes of special interest

Makes 4 large cakes (4in) or 6 small ones (3in).

Each large cake provides 3 tsp of flax flour.

Delicious hot or cold as main course with vegetables or salad or served in hamburger buns with lettuce, tomatoes, etc.

### Contributor

Vivian Morris

## Seasoned Fish Fry

### Ingredients

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 and finish cooking.
6. Serve immediately.

Yield: 4 servings

Haddock was used for the nutrient facts, but this method works well for salmon and other fish as well.

In many seasonings the only significant ingredient is sodium. For nutrient facts, 5 ml (1 tsp) of salt was used. You can easily reduce the sodium by selecting low sodium seasoning or making your own blend without salt.

You can reduce the fat by baking or frying in a dry pan.

## 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

In a small bowl, combine the eggs and flax flour.

Stir in the grated cheese and herbs; season with salt and pepper.

Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

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

In a small bowl, combine the eggs and flax flour.

Stir in the meat or fish; season with salt and pepper.

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

In a small bowl, combine the eggs and flax flour.

Stir in the sugar, cinnamon and fruit.

Pour the mixture into a hot frying pan. Fry until the bottom is set, then turn and continue cooking until cooked through.

**SUBSTITUTION:** 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.

## Fruit Smoothie

Yield: 1 – 2 servings

Fresh fruit	enough for one or two people	
(banana, apple, orange, pears, blueberries, 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)		

In a blender, combine the washed or peeled fruit with the fruit juice, yogurt or tofu, and flax flour. Add ice, as desired.

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, anti-oxidant and lignan content of this increasingly popular meal.

## Peanut Butter Cookies

Yield: 20 cookies

Brown sugar	125	ml	1/2	cup
Egg	1		1	
Vanilla	2	ml	1/2	tsp
Peanut butter	125	ml	1/2	cup
Flax flour	250	ml	1	cup
Rice flour	50	ml	1/4	cup
Salt	2	ml	1/2	tsp
Baking powder	2	ml	1/2	tsp

Preheat the oven to 180°C (350°F).

Beat together the sugar, egg and vanilla; blend in the peanut butter.

Combine the flax flour, rice flour, salt and baking powder. Mix with the wet ingredients.

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.

Bake for 12 minutes. Cool for 1 to 2 minutes and then remove to a wire rack.

## Pumpkin Loaf

Yield: 1 loaf

Flax flour	375	ml	1 ½	cups
Rice flour*	375	ml	1 ½	cups
Baking powder	15	ml	1	Tbsp
Baking soda	5	ml	1	tsp
Sugar	125	ml	½	cup
Salt	2	ml	½	tsp
Pumpkin pie spice**	7	ml	1 ½	tsp
Eggs	2		2	
Cooked pumpkin***	250	ml	1	cup
Milk	250	ml	1	cup

\* Use brown or white rice flour.

\*\* Or combine cinnamon, allspice, and cloves

\*\*\* Substitute squash or sweet potato

- 1 Preheat oven to 180°C (350°F).
- 2 Combine flax flour, rice flour, baking powder, baking soda, sugar, salt and pumpkin pie spice.
- 3 Beat eggs; blend in pumpkin and milk.
- 4 Combine wet and dry ingredients.
- 5 Pour batter into nonstick 1.5L (8 ½ x 4 ½ x 2 ½ inches) loaf pan. Bake for 50 minutes.
- 6 Cool in a pan for 5 minutes before removing to wire rack.

*A very moist bread. Cool thoroughly before cutting into thin slices. Freezes well.*

**SUBSTITUTION:** 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.

## Buttermilk Apple Cake

Yield: 12 servings

Brown sugar	125	ml	½	cup
Buttermilk	500	ml	2	cup
Brown rice flour	250	ml	1	cup
Flax flour	250	ml	1	cup
Baking powder	5	ml	1	tsp
Baking soda	5	ml	1	tsp
Cinnamon	10	ml	2	tsp
Salt	2	ml	½	tsp
Apples, cored and chopped	2	medium		

- 1 Lightly grease and flour a 2 L (8 inch square) baking or Bundt pan.
- 2 In a large bowl, beat together the sugar and buttermilk.
- 3 Combine rice flour, flax flour, baking powder, baking soda, cinnamon, and salt. Add apples, to wet ingredients; mix until combined.
- 4 Spread batter evenly in the pan.
- 5 Bake in an oven preheated to 180°C (350°F) for 40 to 45 minutes. Cool in the pan before removing and cutting into 12 servings.

## Adding Flax Flour to Gluten Free Muffin Mix

Yield: 12 muffins

You can easily reduce the fat and increase the fibre, essential fatty acids, lignans, and anti-oxidants by adding flax flour to a prepared muffin mix. This recipe has been tested using EL PETO MUFFIN MIX.

Eggs	2	2
Water or fruit juice	310 ml	1 ¼ cup
Valley Flax Flour	310 ml	1 ¼ cup
Baking powder	25 ml	5 tsp
EL PETO Muffin Mix	310 ml	1 ¼ cup

Using fruit juice will enhance the flavour and nutritional value of these muffins.

Preheat the oven to 180°C (350°F).

In a small bowl, combine the eggs and water or juice.

In a medium bowl, blend the flax flour with the baking powder and muffin mix.

Combine the wet and dry ingredients.

Scoop the batter into non-stick or paper cup lined muffin tins.

Bake for 25 minutes. Cool for 5 minutes and remove from the tins.