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Rhubarb and Flax Coffee Cake

Ingredients

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.

Yield: 24 2 x 2 1/4 inch (5 x 6 cm) servings

A great way to use some of your fresh rhubarb crop.

These little squares of cake are packed with flavour.

Each square provides about 5 ml (1 tsp) of flax flour.

Nutrient Facts Per

Calories / Calories.	102	kcal
Fat / Lipides	2.7	g
Saturated / Saturés	1.2	g
Trans / Trans	0	g
Cholesterol / Cholestérol	11	mg
Sodium / Sodium	59	mg
Carbohydrate / Glucides	18	g
Fibre / Fibres	1	g
Sugar / Sucres	10	g
Protein / Protéines	2	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	2	%
Calcium / Calcium	6	%
Iron / Fer	5	%

