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WASHINGTON I learned about the extraordinary benefits of flaxseeds many years ago when my husband, Nick, went to a naturopath, a licensed practitioner who treats ailments without using drugs or medicines. Nick was feeling fatalistic from what turned out to be a poisonous spider bite. As part of the healing process, the naturopath suggested daily doses of flaxseeds or what she referred to as "nature's perfect food." Flaxseeds were not only essential for flushing the poisonous toxins from Nick's bloodstream, the naturopath highly recommended them as a source of food to incorporate into our daily round of meals. A radical change in diet was suggested to include flaxseeds, and in a few days the foot-long scarlet-colored spider bite dissipated then disappeared.

When it comes to choosing flaxseeds, it's important to select the highest quality. There are many brands of flaxseeds available. I tested several and discovered I liked **Premium Gold** brand for its freshness. I also endorse the [North Dakota](#)-based, independently owned company's philosophy about farming and food. To get the most important health benefits from flaxseeds, they must be ground or crushed; I prefer to do this just prior to using to ensure I'm getting the freshest, most nutritious form of flax.

Cornmeal, Millet and Flax Bread

Fresh from the oven, this loaf makes a memorable bread for sandwiches. It is also marvelous toasted and slathered with your favorite topping for toasted bread. This bread is a good keeper and freezes with great results.

2 packages active dry yeast
1/2 cup warm water
1 tablespoon sugar
1 cup water
1 teaspoon salt
1/2 cup yellow cornmeal
1 cup 2 % milk
1/2 cup millet
1/2 cup flaxseeds (fresh ground)
1/4 cup light brown sugar
2 teaspoons salt
4 cups white flour (about)

In a large bowl, proof the yeast with 1/2 cup warm water and sugar. In a medium pan, bring 1 cup of water to a boil; add 1 teaspoon salt, stir in cornmeal, lower heat to medium and cook, stirring vigorously for 1 minute. Cool mixture for 5 minutes.

Combine cornmeal (it will be very thick) with yeast mixture and stir until fully combined. In a small pan over moderate heat, heat milk until warm. Toast millet until aromatic and golden, (millet browns quickly, watch closely so it doesn't burn). With a few pulses grind flaxseeds in a coffee grinder. Add warm milk, toasted millet, flaxseeds, brown sugar and salt. Add flour, 1 cup at a time, stirring well after each addition. When the mixture begins to pull away from the sides of the bowl, transfer to a floured surface and knead for about 7 to 10 minutes or until dough is elastic. Lightly oil a large bowl with cooking spray, place dough in bowl and turn to coat all sides. Cover and let rise in a warm draft-free place until double in bulk, about 1 hour. Punch dough down, cut in half, shape into 2 loaves. Place each loaf in a 9x5x3-inch loaf pan that has been coated with cooking spray, cover and let rise until double in bulk, about 1 hour.

Preheat oven to 425, bake loaves for 10 minutes, lower temperature to 350 and bake an additional 20-25 minutes or until loaves are light brown or sound hollow when tapped. Allow bread to cool before slicing. Yields 2 loaves, about 14 slices per loaf.

Nutritional analysis per slice: 214 calories, 1 grams total fat, 0 grams saturated fat, 0 grams trans fat, 1 mgs cholesterol, 505 mgs sodium, 45 grams total carbohydrate, 2 grams dietary fiber, 6 grams protein, 5 grams sugar

*[Kerry Dunnington](#), food columnist and author of "This Book Cooks," is passionate about food that reflects nutrition, color, balance, texture and variety of the season. Catch her column biweekly in *Healthy Life*.*

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