



FARM FRESH FLAXSEED

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Golden Flax For Life®

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Premium Gold® Flaxseed Recipes

Homemade Flax Oil Salad Dressing

- 1½ Tbsp. Premium Gold Flax Oil
- 1 Tbsp. extra virgin olive oil
- 1 tsp. crushed or minced garlic
- 2 tsp. Balsamic Vinegar
- ½ tsp. fresh dill
- 1 tsp. brown sugar
- 1½ tsp. fresh ground pepper
- 1 pinch sea salt

Let rest 20 minutes.

Drizzle over your favorite lettuce salad - iceberg, romaine, spinach - or over fresh cut vegetables. Top your salads with Dash O' Flax for that wonderful crunchy nutty taste!



Fruit-n-Flax Smoothie

Place the following ingredients in a blender:

- 2 cups ice
- ½ cup each of two fruits (blueberry – banana – strawberries – raspberries, etc.)
- 1 small container of yogurt, plain or flavored
- ½ cup of skim milk or soy milk
- ⅛ to ¼ cup Premium Gold® True Cold Milled® flaxseed
- 1 Tbsp. Premium Gold® Concentrated Flax Hull Lignans

Talk about a healthy energy drink!



Gluten Free Brownies

- 2 oz dark semisweet chocolate (70% or better)
 - 4 Tbsp. butter (sweet cream is our choice)
 - ⅛ cup fine true cold milled flaxseed (TCM®)
 - ¾ cup superfine sugar
 - 2 eggs (whisked lightly)
 - ½ tsp. pure vanilla extract
 - 3 oz. ground almonds
 - ½ tsp. baking powder
 - Pinch of salt
 - ½ cup chopped walnuts
 - ½ cup Flakes O' Gold
- (If texture is a bit dry add a teaspoon of water or a bit more)

Preheat oven to 350°F. Use 8 inch square pan, lined with parchment paper. Melt chocolate in heat-proof bowl, suspended over saucepan of simmering water or in a low oven. Cream the butter and sugar until soft and light. Then beat in the eggs, milled flaxseed, vanilla, and melted chocolate. Stir in the ground almonds, baking powder, salt, and chopped nuts. Spread mixture in pan and bake for about 30-35 minutes.

Leave to cool, then cut into 2 inch squares for serving.





Coconut and Raspberry Gluten Free Biscuits

Yield: Makes 24

For the base:

- 1 stick butter, softened
- 1/3 cup superfine sugar
- 1 egg (beaten)
- 1 tsp. pure vanilla extract
- 1/3 cup rice flour
- 1/3 cup flax flour (Premium Gold TCM®) fine milled
- 1/2 cup tapioca flour
- 1 tsp. xanthan gum
- 1/4 cup milk

For filling: Mix together 6 oz. raspberry jelly and 1 cup raspberries

For topping:

- 5 Tbsp. butter, softened
- 3/4 cup fine sugar
- 2 eggs (lightly beaten)
- 3 cups shredded coconut
- 1/2 cup rice flour
- 1/8 cup flax flour (Premium Gold TCM® 24 oz pouch)

Preheat oven to 350°F. Prepare 8"x12" jelly roll pan, line with parchment paper.

BASE: Cream the butter and sugar together until soft and light. Add the eggs, a little at a time, mixing well after each, then add the vanilla extract. Sift together the dry ingredients and stir gently into the creamed mixture. Mix everything together lightly and add the milk to moisten. Spread the mixture into the prepared pan, smoothing it to the edges. Spread the jelly gently over the cake mixture and sprinkle with the raspberries. Press gently into the cake mixture.



TOPPING: Cream the butter and sugar together as before until pale, soft, and light. Add the beaten eggs gradually, beat well after each addition. Mix together coconut, flax flour and rice flour, fold into the mixture. Spread gently, but evenly, over the raspberries and bake for 35-40 minutes or until a skewer comes out cleanly.

Leave to cool on the cookie sheet and cut into 24 biscuits.



Gluten Free Tapioca Pudding

- 1/2 cup rice flour
- 1/2 cup tapioca flour
- 1/8 cup TCM® flour (Golden Flax For Life® fine texture)
- Dash of Sea Salt
- 2 eggs
- 1 1/4 cup milk
- 2 tsp. butter melted
- Grease pan (oil or butter)

Preheat to 450°F. Use Deep bun pan. Grease pan (oil or butter).

Sift the flours into a large bowl. Add the salt. Make a well in the center and drop in the eggs. Use a small whisk or wooden spoon; stir while continuing to drag the flour walls to the center, while adding half the milk in a steady stream. When all the flour has been mixed, whisk in the remainder of the milk and the room temperature melted butter. Let stand 1 hour (covered with dishcloth). Grease a hot deep dish bun pan with oil; fill 1/2 to 3/4 with the batter. Bake for 20 minutes. Remove from the tins and serve warm.



Glute Free Pizza Crust

Yield: Makes 4 pizzas.

- 1 tsp. sugar
- 1 cup lukewarm water
- 1/2 oz dried active yeast
- 1 cup rice flour plus extra for dusting
- 1/4 cup flax flour
- 3/4 cup potato flour
- 1/2 cup tapioca flour
- 3 Tbsp. dried milk
- 1 1/2 tsp. baking powder
- 1 tsp. xanthan gum
- 1 tsp. sea salt
- 1 Tbsp. vegetable or canola oil
- 1 egg

Dissolve sugar in 1/4 pint of warm water in a small bowl and stir the dried yeast. Sit the bowl for a few minutes in a warm place to allow the yeast to start to work. After about 4-5 minutes it will have a creamy frothy appearance. Place the rice flour, flax flour, potato flour, tapioca flour, dried milk and baking powder, xanthan gum, and salt into the bowl of a mixer, using the whip beaters thoroughly mix the dry ingredients together. In a small bowl, whisk together the oil and egg and stir into the dry ingredients at low speed.

When the yeast mixture is ready, stir and pour with the remaining warm water into the bowl. Using the dough hooks on slow speed, mix the liquid in contents, continue to mix for 3-4 minutes, until a smooth dough stage. Transfer the dough to a rice floured board. The dough will be slightly sticky, so put your hands to flour also. Divide the dough into 4 equal pieces, each about 5 oz. Place a sheet of parchment paper on baking sheet and flatten the dough into a circle of 8 inch diameter. Repeat with the remaining dough. Cover the dough with dish towel and let rise for 20 minutes.

Preheat oven to 400°F. Transfer to baking sheets; bake for 8-10 minutes then remove and add toppings of your choice. Return pizza to oven to bake for another 10-15 minutes, or until the base is crisp and the toppings are bubbly and golden. Serve immediately.





Farmland Orange Bran Flaxseed Muffins

Yield: Approximately 12 muffins.

1 ½ cups rolled oats
1 cup brown sugar
1 cup all-purpose flour
1 cup buttermilk
1 cup flax meal
½ cup canola oil
1 cup natural bran
2 eggs
1 tsp. baking powder
1 tsp. baking soda
½ tsp. Sea salt
1 ½ cup raisins
2 whole oranges
(washed, quartered, and
seeded)

In a large bowl, combine rolled oats, flour, flax meal, bran, baking powder and salt. Set aside.

In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs and baking soda.

Blend well. Pour orange mixture into dry ingredients. Mix until blended. Stir in raisins. Fill paper lined muffin tins almost to the top.

Bake at 375 degrees for 18 to 20 minutes or until pick inserted in center comes out clean. Cool for 5 minutes before removing for cooling.



Flaxseed Banana Bread

Makes 2 large loaves (32 Servings) 16 slices/loaf

½ cup natural applesauce
½ cup butter, softened
2/3 cup brown sugar
1 1/3 cup white sugar
1/3 cup buttermilk
4 eggs
6 bananas, ripe, mashed
1 2/3 cup whole-wheat flour
1 2/3 cup white flour
1 tsp. salt
2 tsp. baking soda
1/3 cup ground flaxseed
2/3 cup crushed walnuts or almond slivers



Preheat oven to 350 degrees. Cream together butter, applesauce, sugars, eggs and buttermilk. Stir in mashed bananas. Mix dry ingredients together in small bowl and gradually add. Stir in nuts. Bake in greased loaf pans for 1 hour and 15 minutes.



Margaret's Cold-Milled Flaxseed Raisin Muffins

- 2 eggs
- 2 Tbsp. canola oil
- ½ cup unsweetened applesauce
- 1 cup non-fat buttermilk
- 1 ¼ cup flour
- ¾ cup milled flaxseed
- 2/3 cup sugar
- 1 tsp. baking soda
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. salt
- ½ cup raisins



Mix first five ingredients together. Gradually add dry ingredients. Fold in the raisin. Fill greased or paper lined muffin tin cups 2/3 full. Bake 30 to 35 min at 375 degrees. Cool in tins 5 minutes, then to a rack, enjoy.



Old Fashioned Flaxseed Bread

Makes 1 loaf

- 1 ¼ to 2 cups all purpose flour
- 1 ¼ cup whole wheat flour
- 1 envelope rapid rise yeast
- 1 tsp. salt ½ cup milk
- ¼ cup water
- 3 Tbsp. honey
- 1 Tbsp. butter or margarine
- 1 large egg
- ¼ cup whole flaxseed
- 1 Tbsp. butter or margarine melted



In large bowl, combine 1 cup flour, whole wheat flour, undissolved yeast and salt. Heat milk, water, honey and butter until very warm (130 degrees). Add to dry ingredients. Beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add egg, flaxseed and ½ cup flour, beat 2 minutes at high speed. Stir in enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes. Roll dough to a 12"x8" rectangle pan. Beginning on short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place, seam side down, in greased loaf pan. Cover; let rise in warm, draft-free area until doubled in size, about 1 ½ hours. Bake at 350 degrees for 30 to 35 minutes or until done. Remove from pan; cool on wire rack. Brush with melted butter. Enjoy!



Grandmother Miller's Cold Milled Flaxseed Country Buns

(Converted to Bread Machine)

- ¾ cup milk
- 1 egg
- 3 cups all purpose flour
- ¾ cup cold milled flaxseed
- ½ tsp. sea salt
- 4 Tbsp. margarine or butter
- 2 tsp. fast rising instant yeast



Measure ingredients for dough and place in bread machine pan in order recommended by manufacturer. Select Dough Cycle. Remove dough from pan and place on floured surface. Cover and let rest 15 minutes.

Cinnamon Bun Version

- 3 Tbsp. margarine or butter
- 1/3 cup granulated sugar
- 1 Tbsp. cinnamon
- ½ tsp. nutmeg (optional)

Icing Sugar Glaze:

- 1 cup icing sugar
- 2 Tbsp. milk
- ½ tsp. vanilla

Roll dough into a rectangle pan (10"x15"). Spread margarine or butter over dough with in 1" of pan edge. Sprinkle sugar, cinnamon and nutmeg (if desired) evenly over dough. Roll up tightly on long side. Press edges and seal. Shape roll evenly. Cut into 1" pieces. Place on greased jelly roll pan (9"x13"). Cover and let rise until double in volume, 30-45 minutes.

Bake at 375 degrees for 20 to 25 minutes or until golden brown. Let cool in pan 10-14 minutes. Drizzle with icing sugar glaze. Cut apart and remove from pan. 12 servings



Supercharged Salsa

- ½ cup salsa (medium heat)
- ½ cup lite sour cream
- 2 tbsp. ground flaxseed
- 1 tbsp. fire roasted peppers, pat dry



Combine salsa, sour cream and roasted pepper in food processor. Blend until uniform. Stir in flax. Cover and chill for ½ to 1 hour.



Miller Farm Harvest Two-Hour Buns

- 2 Tbsp. fast rising yeast
 - 8 cups all purpose flour
 - $\frac{3}{4}$ cup cold milled flaxseed
 - $\frac{1}{2}$ cup sugar
 - 2 eggs
 - 1 tsp. salt
 - 3 cups lukewarm water
1. Preheat oven to 350.
 2. In bowl, mix yeast, 4 cups flour and milled flaxseed.
 3. In large bowl, beat sugar, eggs and salt - add water and stir.
 4. Add flour mixture to the liquid and beat until well blended.
 5. Add remaining flour and knead.
 6. Let rest 15 minutes.
 7. Punch down and let rise again 15 minutes.
 8. Punch down and form into buns.
 9. Place on greased baking sheet 2 inches apart.
 10. Let rise on hour.
 11. Bake 20 minutes. Remove and cool on a rack.



Yield: 4 dozen buns



Sharp Cheddar Flaxseed Meatloaf Casserole

- 1 lb. lean ground beef
- 1 $\frac{1}{2}$ cups sharp cheddar cheese shredded
- $\frac{1}{2}$ cup cold-milled flaxseed
- $\frac{1}{3}$ cup milk
- $\frac{1}{4}$ cup onion, chopped
- 1 egg, slightly beaten
- $\frac{1}{3}$ cup flour
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 4 cups thinly sliced potatoes
- 1 qt. frozen green beans, thawed
- 1 can cream of mushroom soup
- 1 cup milk



Mix together ground beef, $\frac{3}{4}$ cup cheese, milled flaxseed, milk, onion, and egg. Shape into small balls. Combine flour, pepper, and salt. Put alternate layers of potatoes and beans in baking dish. Sprinkle in flour and remaining cheese. Mix soup and 1 cup milk and pour over vegetables. Top with meatballs. Bake slowly at 300 degrees for 2 hours or until done.