



### **FlaxSnax™ Original Cranberry Walnut FlaxSeed Muffin Recipe**

(Yield 10 - 12 muffins – ¼ of bag)

#### **Grams**

50	1 Large Egg
4	1 Tsp of Real Vanilla Extract
90	1/2 Cup of Canola Oil
20	2 Tsp of Honey
294	1 Cup Unsweetened Applesauce (TreeTop preferred)
403	3 Cups <b>FlaxSnax™ Original Baking Blend</b>
20	1/3 Cup of Walnuts, chopped or ground
60	2/3 Cup Dried Cranberries

#### **Directions:**

Beat egg well. Blend in all other wet ingredients and mix well.

Fold in FlaxSnax™ Original Blend and then Dried Cranberries by hand and stir until moist. Avoid over-blending.

Portion into baking cups 2/3 full or lightly sprayed pan.

Top muffins with chopped walnuts.

Bake at 350° F. for 32 minutes for cupcake size muffin pan.

### **FlaxSnax™ Original or Gluten Free**

#### **Dark Chocolate Chip Cookies**

(1/4 Bag - Yield 24 cookies)

#### **Grams**

113	1/2 cup of unsalted butter (softened) (one stick)
72	1/2 cup brown sugar
49	1/2 cup old fashion Oatmeal, blended into almost a flour (or use quick oats)
49	1 large egg
2	1/2 tsp real Vanilla
12	2 tsp honey
75	1/2 + cup dark chocolate chips – (gf if needed)
52	1/2 cup toasted almond pieces *optional
403	3 cups (1/4 bag FlaxSnax™ Original or Gluten-Free FlaxSnax Blend 56 oz)

**Directions:** Mix soft butter and brown sugar until creamy. Add eggs and vanilla and beat well; Add honey. Blend oatmeal into a flour and mix into FlaxSnax™ mix. Stir into creamed mixture and add toasted almonds and dark chocolate chips. Roll into 1 ½ inch balls. Place on an ungreased cookie sheet. Flatten a bit. Bake at 350 in a conventional oven for 13.5 minutes. Crispy on edge, softer in the center. Do not over bake. (Cookie comes out of the oven very soft and crisps as it cools.)

Options: 1. Substitute the chocolate chips for dried cranberries or other dried fruit; Bake with or without toasted nuts.

### **FlaxSnax™ Original Pancakes**

(1/4 Bag – Yield 24 pancakes)

2 large eggs - separated

½ cup. orange juice

1/2 tsp vanilla

3/4 cup whole milk

3 cups FlaxSnax™ Original Baking Blend (56 oz)

Canola Oil plus Unsalted Butter (for flavor) in pan

Crack the eggs, letting the whites fall into clean dry mixing bowl

and the yolks into a separate bowl. Beat whites with mixer on high speed or whip with balloon whisk for about 2 min until egg whites become fluffy and then firm. Do Not over beat or they will flatten out.

Mix egg yolks with fork. Add orange juice and vanilla and whisk together until it becomes foamy. Add the milk, barely stirring.

Slowly stir FlaxSnax mix into egg-yolk mixture and continue to mix until all the ingredients are wet and there are no clumps of flour. Slowly stir in the egg whites with plastic or wooden spoon. Stir only once or twice.

Coat the bottom of large frying pan with Canola Oil and 2 tsp. of butter (for flavor). Set over medium heat for 1 minute.

Drop 2 tbs of batter onto the pan, far enough apart so the pancakes do not touch when bubbles begin to appear in about 2 minutes. Flip the pancakes over. Cook that side about 3 minutes. Transfer to hot plate/stack them to keep warm.

Great with grilled bananas or fresh berries and either maple or boysenberry syrup.