



FlaxSnax™ Gluten-free Golden Cranberry Almond FlaxSeed Muffin Recipe

(1/4 Bag -Yield 11 muffins)

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)
397	3 Cups FlaxSnax™ Gluten-free Golden Blend
25	1/3 Cup of Almond slices
65	2/3 Cup Dried Cranberries

Directions:

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

Fold in FlaxSnax™ GF Golden 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 almond slices.

Preheat oven 425 °; bake for 5 minutes and reduce heat to 350° for 22 - 23 more until edges are golden.

Let cool and settle before eating.

Gluten-free Omega-3 Golden Muffins with Wild Blue Berries

(1/4 bag - Yield 11 muffins)

Grams

48	1 Large Egg
85	1/3 cup canola oil
282	1 cup unsweetened applesauce
	1 tsp vanilla
	1 tsp Natural blue berry extract (like Amoretti)
	1 tablespoon cane sugar
397	3 cups - of the 56 ounce bag - FlaxSnax Gluten Free Omega-3 Golden Blend
95	1/2 cup dried wild blueberries (Trader Joe's)
	1 tablespoon decorative sugar – for topping

Directions: Room temperature - Beat eggs, vanilla, then oil and blue berry extract. Mix in sugar.

Slowly mix in FlaxSnax Gluten Free Golden Blend. Fold in FlaxSnax until blended, don't over mix. Add dried blueberries. Scoop batter into muffin tin with paper cups. Sprinkle tops with decorative sugar.

Preheat oven 425 ° for 5 minutes and reduce heat to 350° for 22 - 23 more until edges are golden.

Let cool and settle before eating.

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 (gf if needed) 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 1/2 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.