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FLAX SEED RECIPE
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This easy and delicious recipe allows you to include flax in foods your family will thoroughly enjoy and willingly eat.

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Sunshine Bread

what you'll need...

- 1/2 cup flax seed
- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 cup yellow cornmeal
- 1 tbsp sugar
- 2 tsp baking powder
- 3/4 tsp salt
- 1 large egg
- 1 large egg white
- 1 cup low-fat (1%) milk
- 1/4 cup extra-light olive oil
- 1/3 cup roasted, salted sunflower seeds

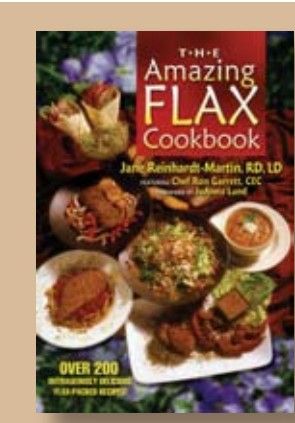
A recipe just for you...from goldenflax.com!

Yield: 1 loaf

1. Preheat oven to 350° F. Grease & flour 8 1/2" x 4 1/2" loaf pan.
2. In mini-food processor or coffee grinder, process flax seed until finely ground, 20 to 30 seconds.
3. In a large bowl, combine all-purpose flour, whole wheat flour, cornmeal, sugar, baking powder and salt. In a small bowl, combine whole egg, egg white, milk and olive oil. Make a well in dry ingredients and add all liquid ingredients. Stir until just combined. Stir in sunflower seeds.
4. Scrape batter into prepared loaf pan. Bake 45 minutes or until toothpick inserted in center comes out clean. Cool in pan on rack 5 minutes, then turn out of pan to cool on rack.

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The Amazing Flax Cookbook
by Jane Reinhardt-Martin, RD, LD

- Over 200 flax recipes including breakfast foods, soups, casseroles, Mexican dishes, comfort foods, Italian dishes, smoothies, main dishes, salads, desserts and more!
- Plus, practical tips on how to cook and bake successfully with flax.

To order this must-have cookbook visit us online at www.goldenflax.com or call us at 800.387.5516

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