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FLAX SEED RECIPE
 from goldenflax.com

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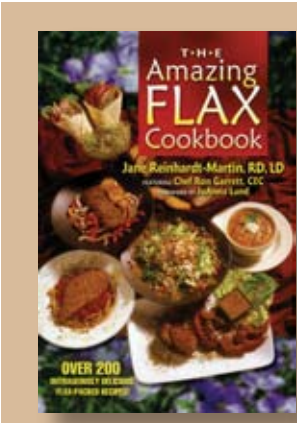
Super Potent Flaxseed Muffins
what you'll need...

1 1/2 cups	all-purpose flour
1 1/2 cups	ground flax seed
3/4 cup	brown sugar
1 tbsp	baking powder
3/4 tsp	nutmeg
1 1/2 tsp	cinnamon
2 cups	milk
1	egg

A recipe just for you...from goldenflax.com!
 Yield: 12 muffins

1. Preheat oven to 350°F.
2. Mix all ingredients, stir until well mixed.
3. Spray muffin pan with cooking spray or use pan liners. Fill with batter until 3/4 full.
4. Bake at 350°F for approx. 25-30 minutes.

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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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