



## **FlaxSnax™ Original Cranberry Walnut FlaxSeed Muffin Recipe (56 oz bag)**

Grams

200	4 Large Eggs
18	5 Tsp of Real Vanilla Extract
360	1.75 Cups of Canola Oil
80	¼ Cup of Clover Honey
1,175	4.25 Cups of Unsweetened Applesauce (TreeTop preferred)

1,615 - 1 pouch (56 oz) **FlaxSnax™ Original Baking Blend**

68	2/3 Cup of Walnuts, chopped
240	2 cups Dried Cranberries

### **Directions:**

Beat eggs 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 or lightly sprayed pan.

Top muffins with chopped walnuts.

Bake at 350° F. for 33 – 34 minutes (for 4.5 oz muffin); or approximately 30 minutes for 3 oz muffin.



## FlaxSnax™ Wheat-free Dark Chocolate Chip Cookies

452 grams 2 cups of unsalted butter  
290 grams - 1 2/3 cups brown sugar  
196 grams - 2 cups old fashion gf Oatmeal, blended into a flour (or use quick oats)  
196 grams - 4 large eggs  
9 grams - 2 tsp. Vanilla  
50 grams - 7 tsp honey

300 grams – 2.5 cups dark chocolate chips – gluten free  
\*208 grams 2 cups toasted almond pieces \*optional  
1588 grams - 1 bag FlaxSnax™ Gluten-Free Golden Baking Blend (56 oz)

Mix 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 dark chocolate chips and toasted almonds.

Roll into 1 ½ inch balls. Place on an ungreased cookie sheet. Flatten. Bake at 350 in a conventional oven for 13.5 minutes. Crispy on edge, softer in the center.

(Cookie comes out of the oven very soft and crisps as it cools.)

Yields 90/ 28 gram cookies.

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



### **FlaxSnax™ Carrot Cake Muffins w/ Flaxseed**

1 cup canola oil  
2 cups unsweetened applesauce  
6 eggs  
1 1/2 cup sugar  
1 tsp cinnamon  
4 tsp vanilla

1 bag FlaxSnax Muffin Mix (56 oz)  
4 cups grated carrots  
2 cups walnuts  
1.5 cup crushed pineapple (drained)

Combine all wet ingredients. Add FlaxSnax muffin mix, grated carrots. Mix well. Add walnuts and pineapple. Mix until blended. Pour into Greased pan...loaf, sheet or muffin pan.

Bake at 350 degrees, approx. 35 minutes (4.4 ounce muffin).

Let cool and frost with Cream Cheese Icing, if desired.



**FlaxSnax™**  
**Gingerbread Muffins**  
56 oz bag – Yield 24 muffins



196 grams     4 large eggs  
350 grams     1 3/4 cups of canola oil  
1,156 grams   4 cups of unsweetened applesauce

1, 615 grams   1 bag of FlaxSnax flaxseed muffin mix (56 oz)  
2 tablespoons of ground ginger  
4 teaspoons ground cinnamon  
1 teaspoon of allspice

250 grams     2 cups brown sugar  
White Course Crystallized Sugar (for topping)

Beat eggs & canola oil well. Add brown sugar and mix until dissolved. Mix in applesauce.

Add ginger, cinnamon and allspice into FlaxSnax Blend and mix well.  
Fold in FlaxSnax with spices into wet batter – don't over mix.  
Top with crystallized sugar, generously.

Bake at 350° for 34 minutes.

**FlaxSnax™ – always rich in Omega-3 and an excellent source of Fiber!**  
**Healthy without being low-fat, low-carb, low anything.**



## FlaxSnax™ Spicy Chocolate Muffins

- |              |   |
|--------------|---|
| 196 grams    | 4 large eggs  |
|              | 2 tsp vanilla   |
| 175 grams    | 1 3/4 cups of canola oil                                |
| 1,156 grams  | 4 cups of unsweetened applesauce                        |
| 125 grams    | 1 cups brown sugar                                      |
| 1, 615 grams | 1 bag of FlaxSnax™ Original flaxseed muffin mix (56 oz) |
|              | 2 tsp cayenne pepper                                    |
|              | 2 tsp cinnamon  |
|              | 2 cups dark chocolate chips                             |

Beat eggs, vanilla & canola oil well. Add brown sugar and mix until dissolved. Mix in applesauce.

In a small bowl mix cayenne and cinnamon and roll chips in them and set aside.

Fold in FlaxSnax™ with spices into wet batter – don't over mix. Add spiced dark chocolate chips.

Portion into muffin cups. **Bake at 350° for 34 minutes.** Cool.

**BEST NEXT DAY SO THE CAYENNE PEPPER SETTLE.**

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### **Glaze Optional:**

2 cup (244 g) dark chocolate, melted

2 tsp coconut oil

Chocolate sprinkles, as needed

1 tsp ground cinnamon

1 tsp ground cayenne pepper

### **Chocolate Glaze and Assembly:**

1. In a small pinch bowl, whisk together cinnamon and cayenne. Set aside.
2. Gently melted chopped chocolate and coconut oil in a double boiler set over simmering water. Remove from heat. Schmear the muffin tops and place on a wire rack and immediately drizzle chocolate sprinkles on top. \*Dust cinnamon-cayenne mixture on top.
3. Wait for chocolate glaze to set.



## FlaxSnax™ Original Pancakes



- 8 large eggs separated
- 1 1/3 c. orange juice
- 2 tsp vanilla
- 3 cup whole milk

1 bag 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.



## FlaxSnax Apricot Rum Fruit-Cake

~ 56 ounce bag ~

4 Large eggs, well beaten  
2 cups butter, unsalted, softened  
2 tsp vanilla  
4 cups unsweetened applesauce

1 bag of FlaxSnax (56 oz)  
1 ½ cup dried cranberries  
1 ½ cup dried apricots, diced  
1 ½ cups golden raisins  
2 cups of walnuts – baker's pieces \*optional

2 cups Rum, hot (5 – 6 tablespoons per loaf) (Mount Gay Rum)

All ingredients at room temperature – beat butter until creamy, add beaten eggs and vanilla, beat another 30 seconds; mix in applesauce.

Add Mix only until blended and fold in mixed dried fruit and walnuts.

Portion into lightly sprayed loaf pans.  
Bake at 325 degrees for 1 hour and five minutes.

Let cool, then remove from pan.  
Make Rum hot, puncture top of cakes and slowly spoon rum over cake.  
Yields 6 loafs.

\*Serve warmed with rich creamy Vanilla ice cream.



## **Wheat Free Omega-3 Golden Muffins with Wild Blue Berries**

(Yield 24/ 4.4 ounce muffins; or 36/ 3 ounce muffins)

196 g - 4 eggs  
340 g - 1 3/4 cup canola oil  
1120 g - 4 cup unsweetened applesauce  
18 g 4 tsp vanilla  
12 g 3 tsp Natural blue berry extract (like Amoretti)  
50 g 1/4 cup cane sugar

1588 g 1 56 ounce bag of FlaxSnax Gluten Free Omega-3 Golden Blend

370 g - 7 oz dried wild blueberries  
1 tablespoon decorative sugar – for topping

Room temperature - Beat eggs, vanilla, then oil and blue berry extract. Mix in applesauce. 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 8 minutes and reduce heat to 350° for 24 more until edges are golden.

Let cool before removing.



## **Lemon Poppy Seed Muffins Gluten-free/Wheat-free with Golden Flaxseed**

- 196 grams 4 eggs  
558 grams 2 cup unsweetened applesauce  
375 grams 1 3/4 cup canola oil  
76 grams 1/2 cup lemon juice  
4 grams 3 tsp natural lemon extract (simply organic)
- 1558 grams 56 oz bag of FlaxSnax™ Gluten-free Golden Blend  
54 grams cane sugar 1/2 cup
- 10 grams 3 tsp lemon rind  
18 grams 6 tsp Poppy seeds

Beat eggs well; add oil mix well, then fold in applesauce, lemon juice and lemon rind – only until blended lightly. Add additional 1/2 cup sugar.

Fold in Flaxsnax™ Gluten-free Golden Blend, lightly mix.  
Fold in Poppy seeds. Portion into baking cups.  
Sprinkle tops w/ sugar.

Bake at 350° for 33 minutes.



## **FlaxSnax™ Gluten-Free Double Chocolate Cake With Espresso Butter Cream Icing**

56 oz Bag Gluten-Free Golden Blend

196 grams    4 eggs - room temperature  
18 grams    4 tsp - real vanilla  
370 grams    1 ¾ cups canola oil  
1156 grams    4 cups – unsweetened applesauce

1588 grams - 56 ounce bag FlaxSnax™ Gluten-Free Golden Blend  
132 grams - 1 1/3 cup Natural Hershey's Cocoa  
100 grams - 1/2 cup cane sugar  
342 grams    2 cups – dark chocolate chips

Dry Mix:

Blend Cocoa and sugar to FlaxSnax™ mix. Set aside.

Beat eggs, real vanilla, and canola oil; add applesauce. Fold in Dry Mix, Add dark chocolate chips. Mix lightly. Spoon in to muffin tin or four 9" Inch Easy release pans. Bake at 350° for 35 minutes until toothpick comes out clean.

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### **Espresso Butter Cream Frosting:**

2 cup (4 sticks) unsalted butter, at room temperature  
5 cups powdered sugar  
3 teaspoons vanilla extract  
3 teaspoons instant espresso powder

- Mix the espresso powder into the vanilla until dissolved; set aside.

- Whip the butter on medium-high speed for 5 minutes, stopping once to scrape the sides of the bowl.

- Reduce the mixer speed to low and add the powdered sugar a little at a time, waiting until it is mostly incorporated before adding more. Once all of the powdered sugar has been added, scrape the sides of the bowl and increase the speed to medium-high and whip until fluffy, about a minute or two.

- Add the espresso and vanilla mixture and continue to mix at medium-high until it is completely incorporated, scraping the sides as necessary.

Frost when cake cools.