

# Health Benefits of Flax Seed

Research indicates that including flax seed in your diet can provide many benefits for you and your family. Flax seed has been shown in studies to lower total cholesterol as well as the “bad” cholesterol—LDL. It also helps lower blood pressure and may aid in reducing the risk of a heart attack by keeping platelets from becoming sticky. Additional research on flax seed reveals it provides a lot of promise in fighting disease, such as breast cancer, Crohn’s Disease and Colitis. It appears to heal the inner lining of inflamed intestines.

When shopping at your local grocery, look for bread, cereal, or bakery items that include flax seed flour or flax seed in their products. If you want to incorporate flax seed in your home cooking, here are some ideas to try.

- Grind flax seed and sprinkle a little on your cereal, yogurt and/or salads. When sprinkled on top of bread doughs, pancake, muffin or cookie mixes before baking; the seeds add crunch, taste and eye appeal. Add flax seed to recipes when preferring a nutty flavor. Grinding flax seed can be done in a coffee bean grinder or food processor. Mill a desired amount of flax seed to a granular, free-flowing mealy consistency.
- Substitute eggs in your home baking (such as muffins and pancakes) with a flax seed/water mixture. Use 1 tablespoon milled/ground flax seed, plus 3 tablespoons of water – left sitting for several minutes - for 1 egg. Note that your final product will result in a chewier version of the recipe and have less volume.
- Make a substitution of flax for fat in your recipes. Use 3 tablespoons ground flax seed for 1 tablespoon of margarine, butter or cooking oil. Flax can be substituted for all or some of the fat, depending on the recipe. Baking with flax as a fat/oil substitute will cause baked goods to brown more quickly.
- Here are two easy recipes to make for your family, while providing the benefits of flax seed to their diet.

## Farmland Flax Cookies

- 1 1/3 cup butter
- 1 1/4 cup granulated sugar
- 1 1/2 cup lightly packed brown sugar
- 2 1/3 cups flax seed
- 3 large eggs
- 1 1/2 teaspoon vanilla
- 3 1/2 cups all-purpose flour
- 1 tablespoon baking soda
- 3 cups oatmeal

In a bowl, cream together butter and sugars; add flax seed. In another bowl, beat eggs and vanilla together. Combine with flax mixture. Sift together the flour and soda. Mix in oatmeal and combine with other ingredients. Form dough into 1 1/2 inch round logs. Place in freezer and chill. Preheat oven to 350°F. Slice into 1/4 inch medallions. Place on baking sheet leaving 2 inches between cookies. Bake 13 to 15 minutes. Remove from sheet and cool. Yields: 108 cookies.

## Flax Pizza Crust

- 1 1/2 cup ground flax seed
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon oregano (Italian seasoning, garlic, parmesan cheese, optional)
- Sweetener to equal about 1 tablespoon of sugar
- 3 tablespoons of oil
- 3 eggs
- 1/2 cup water

Preheat oven to 425°F. Mix dry ingredients together. Add wet ingredients, and mix very well. Let sit for about 5 minutes to thicken. Spread on pan (suggest using a silicon mat or greased parchment paper). Bake for 15-18 minutes until cooked through, then add preferred toppings and cook until they are done. Makes 12 inch pizza crust, although can be spread thinner and larger. Preparation time: 15 minutes; cook time: 15 minutes.

## Pancake or Waffle Mix

- 1 1/2 cup whole wheat, Semolina grind
  - 1/2 cup ground flax seed
  - 1 1/2 cup pancake mix or all-purpose flour
  - 1/4 teaspoon baking powder
  - 1/4 teaspoon baking soda
  - 1 tablespoon sugar
  - 1/4 teaspoon salt
  - 2 tablespoons olive or canola oil
  - 1 egg (or 2 egg whites to reduce cholesterol and saturated fat)
  - 3-4 cups (approximate) buttermilk, to preferred consistency
- Bake on hot griddle or electronic skillet at 375° to 400°F, or cook waffles on waffle iron.

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