

Flax Waffles

1 cup ground flax seeds
1/2 cup ground almond flour,
buckwheat, spelt or other flour
combinations
1 tbsp. baking powder
1 tbsp. natural sugar
1/2 tsp. unrefined salt
2 large eggs
1 cup organic milk or substitute
(almond or coconut milk)
2 tbsp. flaxseed oil
1/4 tsp. vanilla extract

1. In a large bowl, combine flour, ground flaxseed, baking powder, sugar and salt. Blend well.
2. In another bowl, whisk eggs until thick.
3. Add milk, flaxseed oil and vanilla. Mix well.
4. Combine wet mixture with dry ingredients. Mix until smooth.
5. Heat and prepare waffle iron as per manufacturer's directions.
6. Pour batter onto waffle iron and cook until done.
7. Serve with maple syrup, fresh fruit, whipped cream, etc.

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Low Carb Flax Bread

1/3 cup oil
1/2 cup water
5 eggs beaten together well
1 teaspoon salt
1 tablespoon xylitol
1 tablespoon baking powder
2 cups flax seed meal - fresh
ground is better
1-2 chopped fresh herbs
2 tablespoons butter
1/4 cup grated parmesan

1. Preheat the oven to 350 degrees F.
2. In a large bowl, mix together. salt, xylitol, baking powder and flax seed meal.
3. Add oil, water and eggs and mix together well. Let this set for two to three minutes to thicken.
4. Spread into 9 x 12 greased pan. Bake for 20 minutes. Remove from oven.
5. Top with a mixture of chopped herbs, melted butter and selected cheeses. Return to oven 3-4 minutes to let cheese crisp.

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No Bake Protein Snacks

1/2 cup creamy peanut or nut butter
3/4 cup nonfat milk powder
1/2 cup ground flaxseed
1/2 cup honey
1/2 cup flax -coarsely ground

One or two of the following:

1/3 cup raisins
1/3 cup Craisins
1/3 cup sunflower nuts
1/3 cup chocolate chips
1/3 cup walnuts

1. Combine peanut butter, milk powder, flaxseed, honey in a bowl and mix well. Stir in your choice of extras.
2. Roll mixture in small bowls and then roll balls in coarsely ground flax. Place on waxed paper.
3. Chill in the refrigerator for at least 1 hour before serving

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Flax Seed Smoothie

1/2 frozen banana, peeled and cut into chunks
1 cup frozen strawberries
2 tablespoons flax seed meal
1 cup coconut milk or almond milk
1 teaspoon flax oil

Directions

Place the banana, strawberries, flax seed meal, flax oil and milk into a blender. Puree until smooth.

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