



Camelina is an ancient Nordic species that has almost been forgotten.

BENEFITS

Camelina is a source of Omega-3 and other fats, and is excellent for brain and heart health. It is also high in vitamins and minerals.¹

Camelina is well adapted to Quebec's cold climate, is drought-tolerant and has a short growing season. This allows farmers to diversify which species they grow in their fields!²

GOOD TO KNOW

- Here's a simple trick for [reviving crystallized honey!](#)
- Since honey is very sticky, a hand mixer will help make the job easier, otherwise use an electric whisk (or elbow grease with a regular whisk!).
- For the dark chocolate, you can opt for fair-trade and organic.

CAMELINA BITES



-30 MIN



🕒 10 MINUTES

Servings: approx. 25 squares

INGREDIENTS

- 1 banana, thawed
- 2.5 ml (½ tsp) vanilla extract
- 75 ml (⅓ cup) honey
- 100 ml camelina seeds
- 500 ml (2 cups) quick-cooking rolled oats
- 50 g (⅓ cup) semi-dark chocolate chips

PREPARATION

1. In a bowl, combine banana, vanilla and honey.
2. Stir in camelina seeds and rolled oats a little at a time, using a spatula.
3. Line the bottom of a square baking dish (or cake pan) with parchment paper. This step is optional, but will make it easier to serve, as the mixture is very sticky.
4. Pour the mixture into the dish and compact with a small rolling pin or glass. Again, if desired, cover the dough with parchment paper to prevent it from sticking to the rolling pin or glass. Once the mixture is evenly spread and compacted, remove the parchment paper.
5. Melt chocolate in microwave for 30 seconds, stir and repeat if not fully melted.
6. Using a spatula, spread the chocolate evenly over the mixture. Wait about 10 minutes for the chocolate layer to harden, then cut into small squares. Depending on the size of the dish, you can divide this into 5, making approximately 25 squares of 4 cm x 4 cm.

Source: Délipapilles – CHU Sainte-Justine, adapted by Amélie Parenteau, nutritionist for Équiterre

1. <https://grainsduquebec.ca/faq/quest-ce-quun-oleagineux%E2%80%89/>

2. Agriculture et Agroalimentaire Canada. (2017). *La caméline : Un grand potentiel de développement*

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ROASTED SWEET POTATOES IN CAMELINA OIL



🕒 20 MINUTES 📅 30 MINUTES

Servings: 4

INGREDIENTS

- 1 kg (2.2 lbs) sweet potatoes, unpeeled, washed and cut into thin wedges
- 45 ml (3 tablespoons) camelina oil or vegetable oil
- 6 green onions, chopped
- 10 g (¼ cup) fresh coriander, chopped
- 30 g (3 tablespoons) sunflower seeds
- 50 g (2 cups) arugula
- Red Pepper flakes (optional)

PREPARATION

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or reusable baking paper.
2. Arrange the sweet potatoes on the baking sheet. Coat with 30 ml (2 tablespoons) camelina oil. Season with salt and pepper. Bake on middle rack for 30 minutes, or until tender and golden.
3. Add green onions, coriander and sunflower seeds. Bake for another 5 minutes.
4. Garnish with arugula just before serving. Drizzle with remaining oil. Sprinkle with red pepper flakes, if desired.

Source: [Ricardo](#), revisited by Amélie Parenteau, nutritionist for Équiterre

GOOD TO KNOW

- Other root vegetables could be used in place of sweet potatoes.
- Peel vegetables if the skins appear thick.

HOW IS IT USED IN THE KITCHEN?

- Substitute sesame oil for camelina oil! Its seeds are also a Quebec alternative to chia seeds.
- Camelina seeds can be used instead of eggs in vegan recipes!

WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

- Read our [fact sheet](#) to find out more!



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