



Flax is a species that dates back to the Stone Age! Flaxseeds can be a local alternative to chia seeds.

## BENEFITS

Flax is a source of omega-3 and other fats, excellent for brain and heart health. It is also high in vitamins and minerals.<sup>1</sup> In order to be able to take full advantage of all these benefits, flaxseeds need to be ground!

One important benefit associated with growing flax is that it has no diseases in common with cereals. Flax can therefore be used in rotation with dried peas and/or canola.<sup>2</sup>

### GOOD TO KNOW

- Flaxseeds are a local alternative to chia seeds and they are also cheaper!
- Flaxseeds are very nutritious, provided they are ground. The whole version is more economical than pre-ground flax meal. It also lasts longer.
- The seeds can be stored in the fridge and even in the freezer if used infrequently.
- You can add dried cranberries in addition to apples and cinnamon: anything goes!

## FLAXSEED MUFFINS



15 MINUTES 30 MINUTES

Servings: 18 small muffins

### INGREDIENTS

- 375 ml (1 ½ cups) all-purpose flour
- 125 ml (½ cup) flax seeds
- 250 ml (1 cup) milk (or soy drink)
- 125 ml (½ cup) sugar
- 60 ml (¼ cup) plain yogurt
- 30 ml (2 tbsp) canola oil
- 1 large egg
- 2 apples, peeled, cored and cut into small pieces (or grated)
- 1 grated carrot
- 15 ml (1 tbsp) baking powder
- 5 ml (1 tsp) cinnamon
- 1 pinch of salt

### PREPARATION

1. Preheat the oven to 375°F (190°C).
2. In a coffee grinder or spice grinder, grind the flaxseeds.
3. Mix flour, flaxseed, baking powder and salt together.
4. Beat the egg lightly, then gradually add the oil, milk, yogurt, sugar and grated carrot. Mix until a homogeneous consistency is obtained.
5. Add the flour mixture to the second mixture.
6. Add the apples and cinnamon.
7. Butter the muffin pan and fill the tins three-quarters full with the mixture.
8. Bake at 375°F for 30 minutes, or until a toothpick comes out clean when inserted in the muffin.
9. Let cool for at least 5 minutes.

Source: Inspired by the [Ferme Tournevent](#), adapted by Amélie Parenteau, nutritionist for Équiterre

1. <https://observatoireprevention.org/2018/01/25/leffet-positif-graines-de-lin-sante-cardiovasculaire/>  
<https://grainsduquebec.ca/faq/quest-ce-quun-oleagineux%E2%80%89/>

2. Pageau, D., Lajeunesse, J. et J. Lafond. 2003. *Adaptation et productivité du lin oléagineux en climat frais*. Programme de Partage des Frais à l'Investissement en Recherche & Développement (PPFIRD). Final report. 54 pages.

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## BLACK BEAN AND FLAXSEED VEGGIE BURGER



🕒 20 MINUTES 📅 15 MINUTES

Servings: 4

### INGREDIENTS

- 1 box (540 ml) black beans, drained and rinsed
- 1 small onion peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 125 ml (1/2 cup) ground flaxseeds
- 1 egg
- 5 ml (1 tbsp) chili powder
- 5 ml (1 tsp) cumin powder
- 30 ml (2 tbsp) ketchup
- Salt and pepper to taste
- 15 ml (1 tbsp) canola oil
- 4 hamburger buns (toasted or not, to taste)

### PREPARATION

1. In a large bowl, mash the black beans thoroughly with a fork (or masher).
2. Add the onion, garlic, breadcrumbs, egg, chili powder, cumin, ketchup, salt and pepper. Mix with your hands until the mixture is uniform.
3. Shape 4 hamburger-sized patties with your hands.
4. In a large frying pan, heat the oil over medium heat. Brown the patties for 6 minutes on each side, or until golden. Tip: If all 4 patties don't fit in your pan, cook them in two batches.
5. Serve in hamburger buns with toppings of your choice (mustard, ketchup, relish, pickle, lettuce, tomato, onion, etc.).

**Source:** Original recipe developed by Extenso – Le Centre de référence sur la nutrition de l'Université de Montréal, revisited by Amélie Parenteau, nutritionist for Équiterre

## GOOD TO KNOW

- Canned beans can of course be replaced by dry black beans, the equivalent of 2 cups of cooked beans. Be sure to soak them for several hours before cooking!
- No fresh garlic or onions on hand? Use ½ teaspoon of garlic powder or onion powder instead.
- To replace ketchup: there's nothing like making your own quick homemade chili sauce or ketchup! The basic recipe: ½ cup tomato sauce plus 2 tbsp sugar and 1 tbsp vinegar.
- Vegan alternative: add a vegan egg! To make it homemade, it's simple: set aside 1 tablespoon of ground flaxseed and mix with 3 tablespoons of water in a container. Let stand for 5 minutes and use in place of eggs.
- No spices or don't feel like adding any? No problem! Here are some ideas for substitutions:
  - 💡 If you don't have any chili powder (not to be confused with chili seasoning, which is a hot-tasting mixture): replace with regular or smoked paprika
  - 💡 No cumin? replace with coriander powder, mustard powder or steak spices.
- This recipe cannot be cooked on a BBQ grill; it should be done on a baking sheet, as they may break apart.

## HOW IS IT USED IN THE KITCHEN?

Flax seeds are so versatile! You can use them in smoothies, as a substitute for breadcrumbs, or even in soups, to add a slight nutty flavour!

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