



Did you know that rye continues to grow even at 0.50 degrees Celsius and that it can withstand temperatures down to minus 35 degrees Celsius?¹

BENEFITS

Whole-grain foods contain important nutrients such as fiber, along with minerals and vitamins.² Because of their high fiber content, they help reduce the risk of diseases such as type 2 diabetes, heart disease and stroke.³ They also support a healthy digestive system, help lower blood cholesterol levels and provide an extended feeling of fullness.⁴

Growing winter cereals, such as rye, involves sowing them before winter, so that the root system can establish itself before the first snowfall and resume growth early in the spring, after having survived the winter. This farming technique protects the soil from erosion. It improves the soil's biological and physical properties, and the soil retains a higher level of nitrogen, which is essential for plant growth.

What's more, these crops are more productive over the long term than spring-sown cereals, and are beneficial to the yields of other crops in rotation. They require fewer inputs (fertilizers and pesticides) than other crops, such as corn.⁵

GOOD TO KNOW

- Cookies keep well for several days at room temperature, when packaged; for longer periods, store in freezer.
- This recipe is great for lunch boxes (nut- and peanut-free)!
- If you have the time and inclination, you can roll out the dough and cut with cookie cutters.
- When it comes to the chocolate, you can obviously choose fair-trade, which is even better!

RYE COOKIES



15 MINUTES 15-20 MINUTES

Servings: approx. 22 cookies

INGREDIENTS

- 750 ml (3 cups) whole grain rye flour
- 125 ml (½ cup) sugar
- 125 ml (½ cup) melted butter
- 60 ml (¼ cup) applesauce
- 2.5 ml (½ teaspoon) salt
- 10 ml (2 teaspoons) vanilla extract
- 5 ml (1 teaspoon) baking soda
- 1 egg
- 125 ml (½ cup) chocolate chips
- 125 ml (½ cup) dried cranberries

PREPARATION

1. Preheat oven to 350°F. Lightly grease or line two baking sheets with parchment paper.
2. In a large mixing bowl, combine sugar, butter, salt, vanilla extract, applesauce and baking soda. Beat until smooth and creamy.
3. Add the egg and beat mixture again until smooth. Scrape the bottom and sides of the bowl with a spatula to make sure everything is fully blended in.
4. Blend in flour, then add chocolate chips and dried cranberries.
5. Using a spoon, drop balls of dough onto prepared baking sheets, leaving room between them all around (the dough will spread out as it bakes).
6. Bake for 15 minutes, or until edges are chestnut brown and tops are light golden, almost blonde. Remove from oven and allow to cool on baking sheet until set enough to move without coming apart. Repeat with remaining dough.

Source: Inspired by la Milanaise, adapted by Amélie Parenteau, nutritionist for Équiterre



1. <https://www.ontario.ca/page/cover-crops-rye>

2. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

3. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

4. <https://www.canada.ca/en/health-canada/services/nutrients/fibre.html>

5. Vanasse, A. (2018). *Guide de production: céréales d'automne*. Centre de référence en agriculture et agroalimentaire du Québec. pp. 2,4,5.



WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

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

GOOD TO KNOW

- The pancakes need to be kept small, as suggested in the recipe, otherwise they may break up when being flipped!
- For a completely plant-based version, use a vegan egg (15 mL ground flaxseed soaked for 5 minutes in 45 mL water) and a plant-based drink.
- This recipe is ideal for salvaging bananas that are very ripe; it would even work with thawed ripe bananas, if they are well drained!
- Cooking with oil or butter can greatly change the taste you're used to. For a smooth transition, start with butter, if that is what you usually use, but then try using canola oil next time!
- The pancake batter can be kept in the fridge overnight if needed, but it puffs up better when baked if used immediately.
- Given that some of the fruit and condiments that may be quite sweet, the sugar in the recipe can perhaps be omitted. You could use them for either savoury dishes (like blini, for example) or sweet ones. Genius!
- To save even more, the best trick would be to avoid waste! Store your rye flour in the freezer and/or buy it in bulk as you need it.
- To make the pancakes even more tasty and delicious, you could try melting honey with butter in a bain-marie, in whatever proportions you like. Simply pour this hot mixture over the pancakes (it will set as it cools).

HOW IS IT USED IN THE KITCHEN?

- To make it easier to cook rye grains, it's best to soak them overnight first! You can then use them as a substitute for quinoa in salads or add them to a vegetable soup!
- And you can use flaked rye in your favourite muesli or granola recipe!

RYE PANCAKES



10 MINUTES ABOUT 30 MINUTES

Servings: 15 to 20 pancakes

INGREDIENTS

- 500 ml (2 cups) whole rye flour
- 30 ml (2 tbsp) sugar
- 10 ml (2 tsp) baking powder
- 2.5 ml (½ tsp) salt
- 15 ml (1 tbsp) canola oil
- 300 ml (1 1/4 cup) milk or plant-based beverage
- 1 egg
- 2 apples, grated (or 2 bananas, mashed with a fork)
- 1 tsp ground cinnamon or ginger or vanilla, to taste

PREPARATION

1. Place flour, sugar, baking powder and salt in a bowl. Mix.
2. Grate the apples with a coarse grater, to avoid making them too juicy. If you choose to use bananas, you can mash them with a fork.
3. Add the oil, egg, milk and vanilla to the dry mixture. Mix with a fork or whisk. Finally, add the apples or bananas.
4. Onto a well-oiled frying pan over medium-high heat, drop a heaping tablespoon of batter. Roll out to the size of the palm of your hand.
5. When bubbles start to form and the pancakes begin to dry on top, flip and cook on the other side.

Source: Recipe inspired by "Les douze farines de Kim Boyce", revisited Amélie Parenteau, nutritionist for Équiterre



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