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SIDEBAR

Flaxseed fare: Fast and fun with a healthy flair

April 13, 2007, Chicago, IL –Toss some roasted flaxseeds on your cereal or salad; blend some ground flax in your smoothie; stir some in your soup. Or, create a simple masterpiece from one of the many recipes on www.ameriflax.com. With this ancient seed enjoying a renaissance, putting the Omega-3 goodness of flaxseed in your diet has never been easier or more fun.

Flaxseed has long been a favorite of professional bakers to add texture, moistness and a pleasant, nutty flavor to many bakery staples—from muffins to hearty, old world breads. It's even easier to make Omega-3 heavyweights out of lighter fare such as gourmet salads and smoothies. Plus, there's nothing like the delicious, nutty crunch of roasted flax sprinkled on yogurt or ice cream.

Try it on red cabbage slaw, or how about in a side like Flax Fried Rice? And, don't forget the main course—dishes like Bourbon Chicken and Mojito Red Snapper Salad become the finest health food with flaxseed as an ingredient.

Mimic the culinary experts by adding a handful of whole seeds to bread dough and pancake, muffin or cookie mixes. Or, sprinkle on top before you bake to add crunch, taste and heart-healthy appeal. Ground flaxseed—sometimes called milled flaxseed or flaxseed meal—offers even more options.

Free-flowing and flour-like, ground flaxseed has all the goodness of whole

(more)

flaxseed. Milling your own is as easy as pulsing a handful of flaxseed in your coffee grinder. Thicken broths and sauces or make silky soups even creamier—not to mention healthier—by adding a little ground flaxseed.

If it's the nutty crunch of roasted flaxseeds you crave, simply cover a baking sheet about ½-inch deep with whole flax. Place in a 350° F oven for about 10-15 minutes, stirring a couple times. Cool and store—what could be simpler?

Swap in the good stuff. Find some sensational substitutions when you log on to www.ameriflax.com. For example, did you know that ground flaxseed can replace processed white flour? (Exchange up to 15% of the flour with flaxseed in many recipes—just increase the yeast by 25%). And, because of its “good fat” profile, reaching for flaxseed can let you reduce the amount of unhealthy fats in your favorite dishes. (Substitute 3 Tbsp. of ground flaxseed for 1 Tbsp. of margarine, butter or cooking oil. Just shorten your cooking time a bit because your Omega-3 enriched baked goods will brown more quickly).

Food allergies a problem? A mixture of ground flaxseed and water can even replace eggs in pancakes, muffin or cookie recipes. What's more, fiber-rich flaxseed is naturally gluten-free.

Preserving the Omega-3 power of flaxseed is no problem. Whole flaxseed stores almost indefinitely at room temperature. If you grind more than you initially need, milled or ground flaxseed keeps well and flows freely right from the refrigerator or freezer.

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