

USING FLAX FLOUR IS EASY

Using Premium Fine Milled Valley Flax Flour is as easy as adding 2 tablespoons to your breakfast cereal, yogurt, apple sauce or smoothie.

FLAX FLOUR TASTES GREAT...

Flax adds a slight nutty flavor to biscuits, muffins, dumplings, pancakes, cookies, cakes, bread, casseroles and fruit crisps.

Flax flour maintains the moisture content of baked goods, helping to keep them deliciously fresh.

RULE OF THUMB

When adding flax flour to a recipe, add an equal amount of additional liquid. For example, when you add ¼ cup of flax flour, also add an additional ¼ cup of liquid.

NEW RECIPES ARE
POSTED MONTHLY AT
www.valleyflaxflour.com.

Sign up for regular notification of recipes.

info@valleyflaxflour.com / 1-902-825-1528

FLAX FACTS

*Let's just
be natural!*



Flax CONTAINS

FIBER

Flax seeds contain a generous quantity of both soluble and insoluble fiber.

Soluble fiber (representing 1/3 of the fiber in flax) helps to lower blood cholesterol and improve blood sugar control.

Insoluble fiber helps to increase stool bulk and prevent constipation.



FATS

Flax is by far the richest dietary source of alpha- linolenic (omega-3) fatty acid. Research indicates that omega-3 fat helps to protect against heart disease, high blood pressure, inflammation, autoimmune disorders and some types of cancer.

LIGNANS

Flax seeds are a rich source of lignans, which contain plant estrogen and anti-oxidants. Lignans help to protect against cancer. They also play a role in maintaining a healthy heart.

Flax flour is gluten free!

Visit www.valleyflaxflour.com for more info.

Flax IS GOOD FOR

Healthy heart

Flax helps to keep your cardio vascular system healthy, reduces total and LDL cholesterol and reduces the risk of cardiac arrhythmia.

Cancer risk reduction

Powerful anti-oxidants in flax lignans, omega-3 fat and fiber help reduce the risk of some cancers.

Regular bowel movements

Flax flour provides a stool bulking and softening effect. Flax should not cause diarrhea.

Blood sugar control

Including flax with your meal helps to improve blood sugar control by slowing the absorption of glucose from the gastro-intestinal tract.

Reduced inflammation

The omega-3 fat in flax helps to reduce inflammation. Reducing inflammation helps to relieve the pain of arthritis and other inflammatory diseases.

Relieving the symptoms of IBS, IBD, diverticulosis and Crohn's

Flax mucilage, the soluble fiber on the seed husk, helps heal and protect the gastrointestinal tract and reduce the risk of inflammation, providing relief from gastro-intestinal distress, constipation and diarrhea.

Relieving the symptoms of PMS & Menopause

Regular use of 30 ml (2 Tbsp) of milled flax everyday has been found to help reduce symptoms of menopause and severity of PMS.

WHAT IS *flax*?

Flax seed, also known as linseed, is a flat, oval seed, reddish-brown or gold in color with a nutty flavor and a chewy texture.

Both brown and golden flax seeds provide high quality protein, omega-3, soluble and insoluble fiber, potent anti-oxidants and phytoestrogen to your diet.

Flax has been a staple crop for food, clothing and industrial uses for many thousands of years.

Premium fine milled Valley Flax Flour is guaranteed gluten free.



WHAT IS FLAX FLOUR?

Flax flour is premium quality brown or golden flax seeds milled to a flour texture.

WHY MILL FLAX SEEDS?

Milling flax seeds into flax flour releases the nutrients locked inside the seed husk. Whole flax seeds do not digest, passing through the digestive tract without being digested. You can grind flax seeds using a small coffee grinder or a blender.

Valley Flax Flour is guaranteed gluten free and freshly milled, is available on-line at www.valleyflaxflour.com



VALLEY FLAX IS GREAT FOR HORSES TOO!

HOW MUCH FLAX FLOUR SHOULD I USE?

Two tablespoons of flax can help reduce inflammation, provide a significant amount of anti-oxidants and healthy omega-3 fat to your diet, help to bulk and form stools and relieve constipation. If your diet is low in fiber, begin with 5 to 10 ml (1 to 2 tsp) of flax flour and gradually increase over several days.

HOW SHOULD I STORE FLAX FLOUR?

Storing it in an airtight container where you will use it regularly is the best way to keep it fresh! It is not necessary to keep flax flour refrigerated unless you will not be using it for several months.

ENJOY THE BENEFITS OF FLAX

The beneficial fats and oil in freshly milled Valley Flax flour are safe of most people. Contact our Registered Dietitian if you have bowel disease or digestive problems at: info@valleyflaxflour.com.

Visit www.valleyflaxflour.com for additional information.

QUICK TIPS

Premium Fine Milled Valley Flax Flour is stable for several months at room temperature and is also stable at cooking and baking temperatures.

You can reduce or eliminate fat and eggs from a recipe by adding flax flour.

Flax flour can improve the volume, oven spring, maintain quality and enhance the flavor, appearance and nutritive value of baked goods.

There is no nutritional difference between Premium Fine Milled Brown and Golden Flax Flour.

For more tips and recipes go to www.valleyflaxflour.com

L to R Blueberry Cooler, Strawberry soup, Gingerbread Muffins, Pancakes, Hamburger Tapenade, Oatmeal Cereal

