



**Nora Mill Granary**  
 7107 South Main Street  
 Helen, GA 30545

706-878-2375  
 noramill.com

## Nora Mill Whole Flax Seeds

Banana Loaf • Flax Seed Loaf • Flax Seed Crackers

**Nora Mill Granary**  
 Grist Mill & Country Store  
 EST. 1876

# Whole Flax Seeds

• RECIPES INCLUDED •

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Write us at [info@noramill.com](mailto:info@noramill.com)  
 Shop online @ [www.noramill.com](http://www.noramill.com)

Milled flax seed can replace oil or shortening in most recipes. If a recipe calls for 1/3 cup of oil, use 1 cup of milled flax seed to replace the oil. When flax seed is used instead of oil, baked goods tend to brown more rapidly. TO MAKE MILLED FLAX SEED, grind a desired amount of Flax Seed to a free-flowing granular consistency in a coffee grinder, food processor or blender.

## Flax Seed Crackers

1/2 Cup Nora Mill	1/2 tsp. salt
Flax Seeds	4 tsp. butter, softened
1 1/2 Cup Nora Mill	1/2 Cup milk
Whole Wheat Flour	
1/2 tsp. baking powder	

Preheat oven to 325° F. With electric mixer, blend together Nora Mill Flax Seed, flour, baking powder, salt and butter until mixture resembles coarse meal. Stir in milk and mix until a soft dough is formed. Wrap dough in plastic wrap and chill for 10 minutes. Divide dough into 4 pieces. Turn out onto a lightly floured board. Roll into a very thin rectangle. Cut into 2 1/2" squares. Transfer to a flat baking or cookie sheet. Bake until crisp and golden. Repeat with remained of dough. Cool crackers on wire racks and store in airtight containers.







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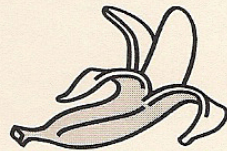
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## Nora Mill Whole Flax Seeds (continued)

### Banana Loaf (no eggs or oil)

- |  |                              |
|--|------------------------------|
| 3 medium bananas,<br>mashed                        | 1 1/2 tsp. baking<br>powder  |
| 2 heaping T. <b>ground</b><br>Nora Mill Flax Seeds | 1 tsp. baking soda           |
| 2 T. water   | 1/4 Cup applesauce           |
| 1 tsp. vanilla                                     | 1 Cup brown sugar,<br>packed |
| 1 Cup all purpose flour                            | 1/4 tsp. salt                |
| 1/2 Cup Nora Mill<br>Whole Wheat Flour             |                              |

Preheat oven to 350° F. In medium bowl, mix **ground** Nora Mill Flax Seed and water. Cream together applesauce, vanilla and sugar and add to flax seed mixture. Mash bananas and baking soda together, add to other mixture. Mix dry ingredients. Stir wet and dry ingredients together to moisten. Pour into a greased 9" x 5" loaf pan. Bake for 1 hour or when a toothpick inserted in center comes out clean.



### Flax Seed Loaf for the bread machine

- |   |                                   |
|---|-----------------------------------|
| 1 1/4 Cup water                             | 1 1/2 tsp. salt                   |
| 2 T. honey                                  | 1/3 Cup Nora Mill<br>Flax Seeds   |
| 2 T. vegetable or<br>canola oil             | 2 T. Nora Mill Sunflower<br>Seeds |
| 2 Cups Nora Mill Bread<br>Flour             | 1 T. Nora Mill Poppy<br>Seeds     |
| 2 Cups Nora Mill Whole<br>Wheat Bread Flour | 2 T. instant yeast                |

Add to machine according to manufacturer's instructions.

*Makes a 1 1/2 lb. loaf.*

Small, reddish brown seeds of flax add a slightly nutty flavor, as well as lots of nutrition when added to salads, cereals, vegetables, bread doughs, pancake batters and muffin or cookie mixes. When sprinkled on top of baked goods prior to baking, they also add crunch, taste and eye appeal.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

