

*Recipe book*

# SOMETHING DIFFERENT



9 ° F



*ERASMUS + 2020- 2022*  
*Project Flax, Root and Road*





## Some notes

This project has been on hold for a long time, in doubt of its completion. It's not perfect and it's far from complete, but the students did a good job. In covid19 time, we didn't give up and took the Erasmus + Flax, Foot and Rood project forward. In between grumbling and complaining, the students tested some recipes and liked it!

Next time, we'll do more and better!





# 1-Starters

## -SOUP WITH FLAXSEED

### INGREDIENTS

- 3 Carrots;
- 2 Zucchini;
- 1 Big Onion;
- 2 Turnips;
- 1 Dessert spoon of linseeds/flaxseeds
- Custom salt

### PREPARATION

1. Peel and wash the carrots, courgettes, onion and garlic cloves.
2. Cut everything into pieces, put them in a pan with 1 liter of water and season with salt. Heat for 35 minutes.
3. Peel and wash the turnips and cut them into small cubes. Wash the cabbage and cut it into thin strips.
4. Remove the soup from the heat, mash and rectify the amount of broth.
5. Bring to the heat again, add the turnip and cabbage and cook until everything is soft.
6. Remove from heat, sprinkle with flax seeds and serve hot soup.



## LENTIL CARROT AVOCADO SALAD

### INGREDIENTS

- 1/2 cup French lentils
- 1/2 cup sprouted brown rice
- 4 cups water (or vegetable stock, divided)
- 6 radishes (cleaned)
- 3 medium carrots (peeled and cut into 4 inch pieces)
- 2 cups arugula
- 1 avocado (peeled, pitted and sliced)
- 2 Tbsp. fresh parsley (chopped)
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1/2 tsp. salt (flaked)
- freshly ground black pepper (to taste)
- 2 Tbsp. sunflower seeds
- 1 Tbsp. flax seeds

### PREPARATION MODE

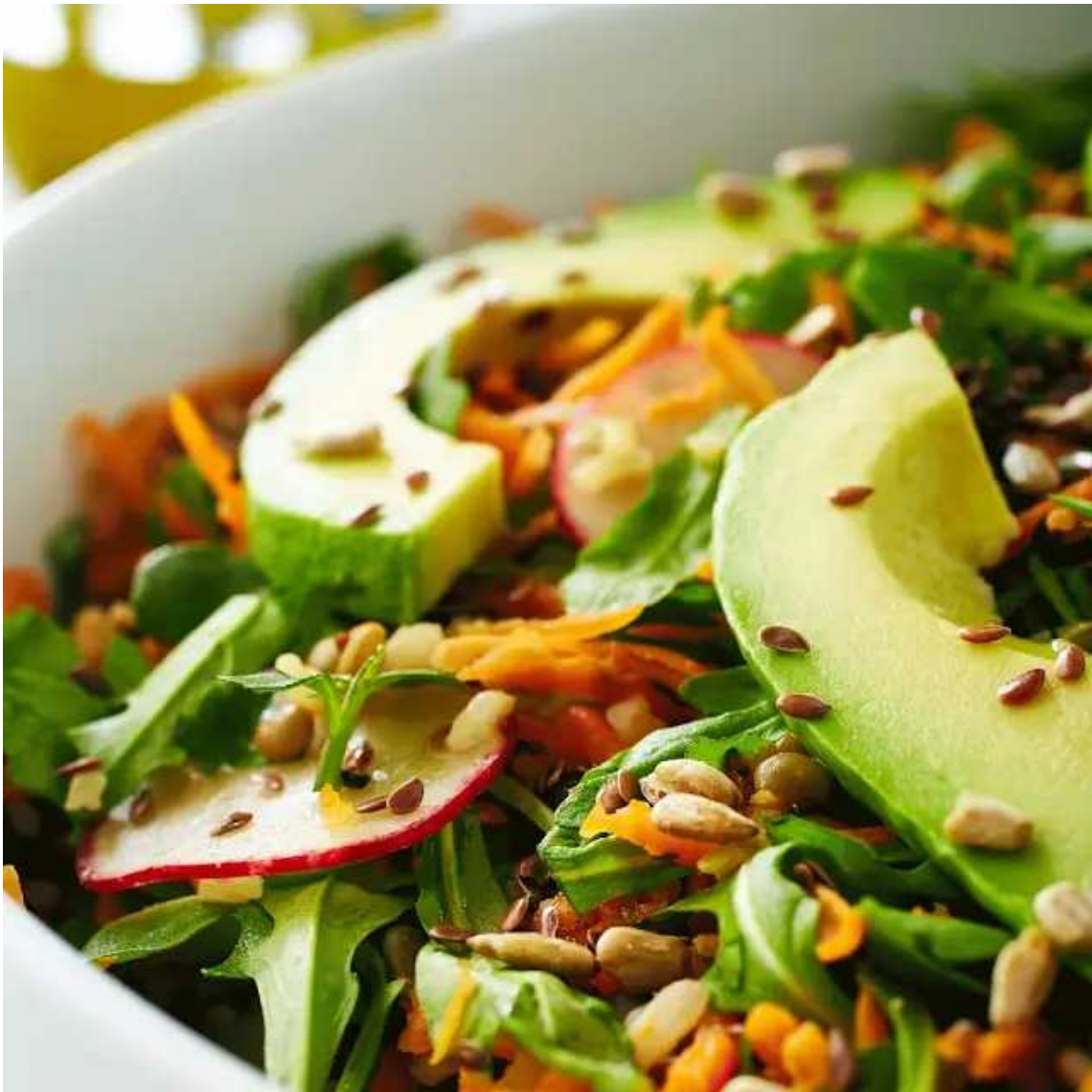
In medium saucepan, bring lentils and 3 cups water or vegetable stock to a boil. Simmer until tender, about 15 minutes. Drain and cool.

Bring brown rice and 1 cup water or vegetable stock to a boil over high heat. Cover and reduce heat and cook 20-25 minutes, until water is absorbed. Remove from heat and toss with a fork, Allow to cool.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer, and attach slicing blade. Position large bowl under attachment to catch sliced ingredients. Stack radishes end to end in feed tube. Turn stand mixer to speed 5 and process until radishes are sliced.

Remove slicing blade and attach medium shredding blade. Fill feed tube with carrots. Turn stand mixer to speed 8 and process until carrots are shredded.

In large bowl, toss lentils, brown rice, radishes, carrots, arugula and parsley. Drizzle with olive oil, lemon juice, salt and pepper. Top with avocado slices. Sprinkle with sunflower and flax seeds and serve immediately





**ARTICHOKE SOUP WITH QUAIL EGG AND TOASTED SEEDS**

**INGREDIENTS**

4 artichokes  
1 green onion  
chicken soup  
salt  
extra-virgin olive oil  
2 quail eggs  
vinegar  
water  
flax seed  
pumpkin seeds

**PREPARATION MODE**

Remove tough outer leaves from artichokes.  
Chop artichokes and cover with half water and half chicken broth and bring to a boil.  
Chop green onion and add to boiling water with artichokes.  
As artichokes become tender, add a drizzle of oil and season with salt to taste.  
Heat water in a saucepan, bring to a boil and add a splash of vinegar.  
Crack quail eggs and slide eggs into boiling water.  
Poach for about 1 minute and carefully remove with a slotted spoon.  
In a dry pan, lightly toast flax seed and pumpkin seeds.  
To serve, top each cup of artichoke soup with a quail egg.  
Garnish with toasted seeds.



**SHEET PAN VEGGIE BUDDHA BOWL**

**INGREDIENTS**

US\METRIC  
2 SERVINGS  
4 Tbsp. olive oil (divided)  
1 sweet potato (cubed)  
salt  
pepper  
15 oz. chickpeas (drained)  
2 cups broccoli florets  
2 cups cauliflower florets  
2 cups brussels sprouts (trimmed and halved)  
1 lemon  
4 cups kale  
1 Tbsp. flax seed  
1/4 cup pepitas  
1/2 avocado (sliced)

**INSTRUCTIONS**

Preheat oven to 375° F. Line 2 sheet pans with parchment paper.  
In a medium bowl, toss 1 Tbsp. oil, sweet potato, salt and pepper. Spread on half of 1 sheet tray. Repeat procedure above with chickpeas.  
Toss broccoli, cauliflower and Brussels sprouts with remaining 2 Tbsp. of olive oil and spread out over the second sheet pan. Place both sheet pans in oven and bake for 35 minutes.  
While the vegetables bake, toss lemon juice and kale in a bowl and heat in a sauté pan over low heat until it begins to wilt. Remove from heat and set aside.  
Keep the heat on and add pepitas and flax seed to sauté pan. Cook for 5 minutes, stirring occasionally.  
Add 1 cup of farro to each bowl and pile one half of veggies, chickpeas, kale and seeds on top. Top with half the slices of avocado and serve immediately





# 1-Main dishes

## FLAXSEED BURGERS

### INGREDIENTS

- 1 pound thawed ground beef
- 2 Tbs finely chopped onion
- 1 clove garlic minced
- 2 Tbs Carrington Farms Organic Milled flaxseed
- 2 Tbs water
- ¼ cup soft bread crumbs (1 slice of bread)
- 1 beaten egg
- 1 Tbs mustard
- ¼ tsp sea salt
- ¼ tsp pepper

### INSTRUCTIONS

1. Mix together meat, onion, garlic, flax and bread crumbs .
2. Lightly beat water and egg together and add to mixture. And mustard, salt and pepper.
3. Cook on a grill or stove top until no pink remains (~12mins)
4. Optional cheeseburgers: top with slice of your choice of cheese at end of cooking and grill or broil for about 1 min.



## STEWED VEGETABLES AND TOFU WITH FLAXSEEDS

### INGREDIENTS

- 1 large eggplant
- 2 courgettes
- 0,33 lb of green beans
- 2 Tbs of olive oil
- 1 onion
- 2 garlic cloves
- 2 tomatoes
- 1 bay leaf
- 1 bunch of parsley
- 1,1 lb of tofu
- Salt and pepper q.s.
- 1 spoon (dessert) of flax seeds

### PREPARATION

- 1.Cut the ends of the eggplant and courgettes and then cut them into regular cubes. Arrange the green beans and cut them into wide strips.
- 2.In a pan heat the oil, add the chopped onion and garlic cloves and sauté. Then add the cleaned and chopped tomatoes and cook for another 3 minutes. Drizzle with 5 dl of water, add the bay leaf and the chopped parsley branch and bring to a boil. Add the vegetables, as well as the tofu cut into pieces, and cook over a low heat.
- 3.Rectify the seasonings, remove from heat and serve sprinkled with flax seeds and more parsley.



## PENNE WITH CHESTNUT, SALMON AND FLAXSEED

### INGREDIENTS

- 1 pack of Penne Basilar pasta (1,1 lb)
- 1,55 lb of salmon in slices
- 2 Tbs of olive oil
- 0,22 lb of Brazil nuts, crushed
- 0,22 lb of flaxseed

### TOMATO SAUCE INSTRUCTIONS

- 5 tbs of olive oil
- 3 garlic cloves, chopped
- 1 medium onion, chopped
- 12 ripe, skinless, seeded and chopped tomatoes

### BRAISED BROCCOLI

- 3 Tbs of olive oil
- 2 garlic cloves, minced
- 1 bunch of broccoli bouquets, cooked salt and chopped parsley to taste

### PREPARATION MODE

- Season the salmon with the oil and salt.
- Mix the Brazil nuts with the flaxseed and brown the salmon slices.
- In a medium pan, place the salmon, cover with aluminum foil and place in a medium oven (180°C) preheated for 30 minutes.
- Remove from the oven and set aside.
- Prepare the tomato sauce.
- In a medium skillet, heat the oil, sauté the garlic and onion.
- Add the tomatoes and sauté until they dissolve.
- Set the salt, season with the parsley and set aside.
- Prepare the broccoli sauté.
- In a small skillet, heat the oil and sauté the garlic.
- Add the broccoli bouquets, set the salt and sauté for another 3 minutes and set aside.
- In a large pot boil 5 liters of salted water and cook the dough.
- To do this, put the dough and stir from time to time, until the water comes to a boil.
- Let it cook according to the time indicated on the packaging or until it is “al dente”, that is, soft, but resistant to bite.
- Drain the pasta, place in a large ovenproof dish, add the tomato sauce and wrap well with the help of two large forks.
- Place the broccoli stew, salmon slices on top and serve next.





**FLAXSEED RICE**

**INGREDIENTS**

1 cup of rice (white or brown)  
4 tablespoons of flaxseed  
1 medium onion  
2 cups of water  
Salt to taste

**PREPARATION MODE**

Wash the rice and drain.  
In a saucepan mix rice, flaxseed, onion and water.  
Bring to medium heat without covering the pan.  
If using brown rice, you will need to add more water and cook longer.



**FLAXSEED BEANS**

**INGREDIENTS**

0,22lb of carioquinha beans  
0,02lb onion  
0,04lb tomato  
0,04lb jerimum (pumpkin)  
2g coriander  
2g of chives  
10ml of oil or olive oil  
750ml of water  
1g garlic  
2 tablespoons (dessert) of flaxseed flour  
2 teaspoons of herbal salt

**PREPATION MODE**

Select the beans and add four parts of water.  
Cook for two to three minutes under pressure.  
Let stand in the same water for an hour.  
Sauté with seasonings (Brazilian seasoning: tomato, onion, garlic, coriander or parsley and chives).  
The seasoning is to taste and can be made as usual.  
It is advisable that if you are going to freeze part of the beans, use as little tomato (or even not use it), because, as it is acidic, this fruit can lead to a change in sensory characteristics if the freezing is not done correctly – the food may become more acidic.  
Add flaxseed flour (previously processed in a blender or processor; the excess can be stored under refrigeration) and salt (mixture previously made with equal parts of: rosemary, basil, oregano – dehydrated – and salt).  
Finally, add the stew to the beans.  
Cook under pressure for another 30 minutes (time varies according to the type of beans).  
It is ready to taste.  
In larger quantities, it can be divided into portions and frozen, without significant loss of properties.



**CHICKEN NUGGETS**

**INGREDIENTS**

chicken breast,eggs,flax seeds,garlic and lemon.

**PREPARATION**

- 1- Cut the chicken breast to obtain 6 nuggets(or if you prefer you can do this step only at the end)
- 2- Season the chicken with salt,Pepper, chopped garlic and lemon juice to taste.
- 3- Beat the egg and set aside.
- 4- Pass the nuggets through the beaten egg and seeds.
- 5- Take to a preheated oven at 180 degrees for 15 to a 20 min.





**FLAXSEED CHICKEN**

**INGREDIENTS**

- 1 boneless chicken breast divided into 4 fillets
- juice of 1 orange
- 2 cloves of garlic (medium size mashed)
- 1 pinch of fine herbs
- 1 tablespoon of olive oil
- black pepper to taste
- salt to taste
- 1 egg
- 5 tablespoons of bread flour (toasted and crushed whole bread)
- 5 tablespoons brown flaxseed



**PREPARATION MODE**

Mix orange juice, crushed garlic cloves, fine herbs, olive oil, salt and black pepper.  
Place the chicken fillets and leave in this marinade for at least 1 hour in the refrigerator to add flavor.  
After this period beat the egg, season with salt and pepper to taste and reserve.  
In a bowl mix the bread flour and flaxseed.  
Pass the fillets one by one in the beaten egg and then bread them in the flour mixed with flaxseed.  
You will have two options for roasting, approximately 20 minutes in an air fryer at 180°C or 40 minutes in a preheated oven also at 180°C.  
The fillets should bake until the flaxseed crust is golden brown and crispy.  
Serve on time.

**CHICKEN WITH FLAXSEED**

**INGREDIENTS**

- 1 chicken breast cut into fillets
- Golden seed flour for paning (brownene 1 cup and 1/2)
- 1 or 2 eggs
- Tomato sauce
- Mozzarella cheese to taste
- Oregano



**PREPARATION MODE**

Season the chicken and leave in the fridge for at least half an hour.  
Coat the fillets on the beaten egg and then on the sly flour  
Put them in a refractory and place in preheated oven at 200 degrees  
until golden brown (about 30 minutes)  
Remove from the oven carefully, cover with tomato sauce (1 cup approx.)  
and cheese, sprinkle oregano and return to the oven very high until the cheese melts

**RICE WITH BROWN FLAXSEED**

**INGREDIENTS**

- 1 cup of Brown rice, 4 tablespoons of Brown flaxseeds, 1 unit of onion, 2 cups onion and a bit of salt.

**PREPARATION MODE**

- 1- In a saucepan mix the rice, the Brown linseed, the onion and the water.
- 2- Cook over médium heat without covering the pan, until the water is dry.





# 3- Desserts

## FLAX AND SUNFLOWER SEED BREAD

### INGREDIENTS

- Ø1⅓ cups water;
- Ø2 tablespoons butter, softened;
- Ø3 tablespoons honey;
- Ø1½ cups bread flour;
- Ø1⅓ cups whole wheat bread flour;
- Ø1 teaspoon salt;
- Ø1 teaspoon active dry yeast;
- Ø½ cup flaxseeds;
- Ø½ cup sunflower seeds.

### PREPARATION

Place all ingredients (except sunflower seeds) in the pan of the bread machine in the order recommended by the manufacturer;  
Select basic white cycle;  
Press start;  
Add the sunflower seeds when the alert sounds during the knead cycle.



## FLAXSEED OATMEAL PANCAKE

### INGREDIENTS

- 1/3 cup whole wheat flour;
- 3 tablespoons quick-cooking oats;
- 1 tablespoon flaxseed;
- 1/2 teaspoon baking powder;
- 1/4 teaspoon ground cinnamon;
- 1/8 teaspoon baking soda;
- 1 largeegg, separated, room temperature;
- 1/2 cup buttermilk;
- 1 tablespoon brown sugar;
- 1 tablespoon canola oil;
- 1/2 teaspoon vanilla extract.

### PREPARATION

In a large bowl, combine the first 7 ingredients. In a small bowl, whisk the egg yolk, buttermilk, brown sugar, oil and vanilla;  
Stir into dry ingredients just until moistened;  
In a small bowl, beat egg white on medium speed until stiff peaks form. Fold into batter;  
Pour batter by 1/4 cupfuls onto a greased hot griddle coated;  
Turn when bubbles form on top. Cook until the second side is golden brown.

## VEGAN + GLUTEN-FREE FLAXSEED PUDDING

### INGREDIENTS

- 1 cup flaxseeds, ground
- 2 cups alternative milk of your choice- or even water if you're in a pinch!
- Optional: sweetener of choice, 2-3 dates pitted and diced, 1 mashed banana, 1 TB honey or maple syrup
- pinch of salt

### PREPARATION

- 1) Combine the ground flaxseeds and milk together in a bowl.
- 2) Add a pinch of salt and your sweetener of choice (optional).
- 3) Wait 30-60 minutes in the fridge or overnight for this to set to a pudding like consistency.  
Alternatively, you could blend whole flaxseeds + all other ingredients in a blender for 30-60 seconds, then portion and refridgerate until set.
- 4) Top with all your favorites and enjoy!







## PEANUT AND COCONUT BALLS

### INGREDIENTS

50g/1¾oz linseeds (also known  
250g/9oz roasted unsalted peanuts  
50g/1¾oz desiccated coconut  
100g/3½oz dates roughly chopped  
100g/3½oz chia seeds  
2 tbsp warm water

### PREPARATION

- 1) Pour half the linseeds into a food processor with the remaining ingredients and blitz for 2–3 minutes, until just starting to come together.
- 2) Add the water and blend for 1 minute until it forms a purée – it won't be smooth but it will hold together if formed into a ball.
- 3) Tip out onto a board and divide into 20. Roll each piece into a ball.
- 4) Put the remaining linseeds into a small bowl and roll the balls in the seeds to cover.

## LINSEED (FLAX) FLAPJACKS RECIPE

### INGREDIENTS

470 g Flax Farm Linseed Porridge (gluten-free)  
280 g Butter or 225g oil and 55ml water  
210 g Caster sugar or alternative (if using erythritol use a bit less than you would sugar)  
70 g Gold-syrup or alternative  
10 g Flax Farm Whole Linseed optional  
5 ml Water

### PREPARATION

- 1) Melt butter (or oil)
- 2) Add all ingredients together thoroughly
- 3) Turn out into a baking tray (8x12 or 7 x14 approx) lined with silicone non-stick baking parchment. Gently level.
- 4) Top with whole seeds
- 5) Bake at 160 for 20–30 minutes or until just forming a slight skin when touched, don't over-cook.
- 6) Allow to cool. Slice into 12–16 bars or more. Store in a cool dry place for up to three weeks or freeze for up to ten weeks.



## BLUEBERRY-ALMOND-FLAX COOKIES

### INGREDIENTS

1½ cups almond flour or meal ½ cup ground flaxseeds ¼ teaspoon Celtic sea salt ½ teaspoon baking soda ¼ cup unrefined coconut oil 2 tablespoons raw honey 1 tablespoon vanilla extract

### PREPARATION

- 1) ½ c Combine almond meal, ground flaxseeds, salt, and baking soda in a food processor. (Mixing the old-fashioned way also does the trick.)
- 2) Pulse (or mix) in oil, honey, and vanilla until dough forms.
- 3) Stir in blueberries by hand.
- 4) Scoop dough one tablespoon at a time onto a parchment-lined baking sheet. (If you have trouble getting the dough and blueberries to stick, use your hands to pack it together.)
- 5) Press balls of dough down gently.
- 6) Bake at 350 degrees for 6 to 8 minutes, or until lightly browned at the edges.
- 7) Cool for 15 minutes. (Do not handle until they have cooled or cookies will break.)





CHIA AND FLAXSEED PUDDING WITH JAM AND ALMOND BUTTER

INGREDIENTS

- 1 tablespoon of chia seeds
- 1 tablespoon of flaxseed
- 4 tablespoons of milk (any type)
- 4 teaspoons of almond butter
- 8 teaspoons of homemade jam
- 4 raspberries
- 6 blueberries
- Chopped pistachios

PREPARATION

- 1) In a glass container with a lid, mix 1 tablespoon of chia, 1 tablespoon of flaxseed and 4 tablespoons of milk, stirring until all of the seeds are soaked and let it rest a minimum of two hours or overnight, in the refrigerator.
- 2) In a transparent glass jar, place 2 teaspoons of jam, continuing with 2 or 3 teaspoons of chia and flaxseed pudding, two teaspoons of almond butter, 2 teaspoons of jam, 2 or 3 teaspoons of chia pudding and flaxseed.
- 3) Decorate with blueberries, raspberries, and pistachios.



CHOCOLATE FLAX SEED PUDDING

INGREDIENTS

- ½ cup coconut water
- ½ cup water
- 2 tsp cacao powder
- 2 tsp maple syrup
- 1 tsp raw cane sugar
- 1 generous dash cinnamon
- 4 Tbsp flax seeds
- 4 Tbsp oatmeal
- 4 Tbsp coconut or soy yogurt
- 2 Tbsp raspberries
- Edible flowers (optional)

PREPARATION

- 1) In a small bowl, mix cacao, maple syrup, raw cane sugar and cinnamon.
- 2) Bring water and coconut water to the boil and pour over cacao-spice mix. Mix well.
- 3) In another bowl, mix the flax seeds and oatmeal.
- 4) Add the hot cacao mixture immediately to the oatmeal/flax mixture and stir well.
- 5) Let sit for 10 minutes, stirring once in awhile.
- 6) Transfer to the fridge and allow to rest for another 45 minutes.
- 7) Layer chocolate flax seed pudding and coconut yogurt in a jar or bowl.
- 8) Top with raspberries and edible flowers.

FLAX SEED PUDDING

INGREDIENTS

- 1/3 c whole (45 g) flax seeds—you can use ground if you weigh it out
- 2/3 c (160 ml) water
- 1 packet zero-calorie sweetener (I recommend Splenda)
- 1 tsp cinnamon
- ½ cup sliced strawberries (or other fruit)

PREPARATION

- 1) Place the flax, water, sweetener and cinnamon together in the blender.
  - 2) Blend the flax and water together until the mixture is extremely thick, around the consistency of a mashed banana
  - 3) Transfer the flax mixture to a dish to chill. It will set quicker if it’s spread out more.
  - 4) Chill flax in the freezer for at least 10-15 minutes. Chill up to overnight in the fridge.
  - 5) Core and slice the strawberries.
- When you’re ready to eat, top the flax with strawberries.





**FLAX SEED MUFFINS**

**INGREDIENTS**

- 1 1/2 cups all-purpose flour
- 1 1/2 cups ground flaxseed
- 3/4 cup brown sugar
- 1 tablespoon baking powder
- 3/4 teaspoon nutmeg
- 1 1/2 teaspoons cinnamon
- 2 cups milk
- 1 egg

**INSTRUCTIONS**

Heat oven to 350°. Spray muffin pan with cooking spray or use pan liners.  
Mix flour, flax seed, brown sugar, baking powder, nutmeg and cinnamon in a large bowl.  
In another small bowl, beat the egg, then add the milk. Add to the dry ingredients, and mix just until all ingredients are wet.  
Fill muffin wells 3/4 full.  
Bake for 20 to 30 minutes.



**FLOURLESS CHIA & FLAX SEED BAGELS**

**INGREDIENTS**

- 1/2 cup coconut oil
- 1/4 cup coconut flour
- 1/4 cup almond flour
- 3 large eggs
- 1/4 tsp. baking soda
- 2 Tbsp. chia seeds
- 2 Tbsp. flax seeds

**INSTRUCTIONS**

Mix everything thoroughly.  
Fill a donut pan (or muffin pan) about halfway full with batter and sprinkle some extra chia seeds on top.  
Bake at 350 for 15 minutes.



**FLAX SEED BROWNIES**

**INGREDIENTS**

- 1/4 lb. butter (1 stick)
- 3 cups sugar (or sweetener alternative)
- 1 Tbsp. vanilla
- 4 eggs (room temp is best)
- 1/2 cup cocoa
- 1 tsp. salt
- 4 oz. unsweetened chocolate
- 2 cups milled flax seed
- 1 Tbsp. baking powder
- 1/3 cup cream
- 2/3 cup water
- 1 cup walnuts (optional)

**PREPARATION:**

Preheat oven to 350 F and grease baking pan.  
Cream the butter until fluffy.

Add the sugar to the butter and cream them together until fully combined (aim for a fluffy texture).

Add the vanilla and beat the eggs into the mixture, one at a time.  
Add salt and cocoa, beat well.

Add chocolate, beat until fluffy.

Add the rest of the ingredients and mix well to combine.

Pour into a pan and bake for 35 to 40 minutes. (You can test if they’re ready by sticking a toothpick into the brownies. If it comes out clean, or almost-so, then they’re done.)

Cool, then cut into 36 squares.





# 4- Drinks

## CABBAGE JUICE WITH FLAXSEED

### INGREDIENTS

- 250 ml of water
- 1/2 unit of apple
- 1 slice of pineapple
- 1 piece of ginger
- 1 leaf of kale butter
- 1 spoon (dessert) of flax seeds
- ice (to taste)

### PREPARATION

Beat all ingredients in a blender and sweeten with honey, sweetener or whatever you prefer.



## BANANA SMOOTHIE WITH FLAXSEED

### INGREDIENTS

- 200 ml of milk
- Half banana
- Half a teaspoon of flaxseeds

### PREPARATION

For the shake, you will need 200 ml of milk, half a banana and half a teaspoon of flax seeds. After gathering these ingredients, mash the banana and milk in a blender. Then add the flax seeds and stir.  
For the toasts that accompany this drink, you will need two medium-sized toasts and half fresh cheese. It is enough to indulge the child in this meal. Cut the cheese into slices and place it on the toasts. Serve immediately.



## ORANGE JUICE WITH FLAXSEED

### INGREDIENTS

- 40 g carrot
- 50 g clean pumpkin
- 3 g ginger root
- ½ fennel bulb
- ½ orange for juice mint leaves
- ½ c. flaxseed tea
- 1 dl fresh water

### PREPARATION MODE

1. Peel and cut the carrot into small cubes.
2. Do the same for the pumpkin and pour the prepared vegetables into the blender.
3. Then add the chopped ginger root.
4. Cut the leaves of the fennel, remove the fibrous stems, laminate the rest and add the preparation to the vegetables.
5. Add orange juice, three to four mint leaves, flax seeds and fresh water and mash. 6. Put the juice in the glass and serve immediately.



## MANGO SMOOTHIE WITH FLAXSEED

### Ingredients

- 1 cup of peeled, chopped mango
- 1 tablespoon of golden flaxseed
- 3 mint leaves
- 2 tablespoons of Molico® Zero Lactose

### Preparation mode

In a blender, blend all the ingredients with 1 cup (tea) of ice water until smooth. Serve next.





LEMON JUICE AND FLAXSEED DRINK

INGREDIENTS

1 cup hot water;  
1/4 lemon;  
1 tsp ground flaxseed.

PREPARATION

Mix thoroughly. Drink and enjoy.

GREEN SMOOTHIE

INGREDIENTS

1/2 cup water  
2 clementines peeled  
1 banana  
2 cups fresh spinach  
2 tablespoons flaxseeds or 3 tablespoons flax meal  
1/2 cup pineapple chunks frozen

PREPARATION

1)Combine all ingredients in a blender in the order listed.  
Blend until smooth



BLUEBERRY FLAXSEED SMOOTHIE

INGREDIENTS

1 cup frozen blueberries  
1 banana  
6 ounces plain nonfat plain yogurt  
1 tablespoon of honey  
¾ cup unsweetened almond milk (can use reduced fat milk too)  
1 tablespoon ground flax seeds  
½ cup ice cubes

PREPARATION

1) Place your ingredients in the blender and start blending on low speed. Gradually increase the speed until all ingredients are smooth.  
2) Add another 30-60 seconds to add air which makes the smoothie lighter.



BANANA ALMOND FLAX SMOOTHIE

INGREDIENTS

1 medium well ripened banana, peeled diced into pieces, frozen  
2/3 cup unsweetened almond milk  
1/3 cup fat free plain Greek yogurt  
1 1/2 Tbsp creamy almond butter  
1 Tbsp ground flaxseed meal  
1 tsp honey  
3 - 4 drops almond extract  
4 ice cubes (optional)

PREPARATION

1) To a blender add banana, almond milk, Greek yogurt, almond butter, ground flaxseed, honey and almond extract.  
2) Blend until combined then add ice if desired and blend until smooth. Serve immediately.





**HOMEMADE FLAXSEED MILK**

**INGREDIENTS**

flaxseeds  
filtered water

**PREPARATION**

- 1) Start by soaking the flaxseeds in fresh water overnight.
- 2) Sieve the soaked flaxseeds to remove the flaxseed gel.
- 3) Rinse the flaxseeds well.
- 4) Add the flaxseed to a high-speed food processor/blender. Pour in the water and blend for a moment (ideally 10-20 seconds).
- 5) Pour the milk through a sieve to collect all the pulp.
- 6) You can also pour the milk through a nut milk bag. This will help to collect any smaller viscous-y particles.
- 7) The flaxseed milk is ready. Store in a glass bottle in the fridge for 3-5 days.



**FLAXSEED TEA**

**INGREDIENTS**

1 qt Water  
1 Tbsp whole organic flaxseeds  
1/2 peel organic lemon  
1 juice of lemon  
Raw honey (to taste)  
Optional  
1 cinnamon stick

**PREPARATION**

- 1) In a medium saucepan, combine water, flax seeds, lemon peel and cinnamon stick, cover and bring to a slow boil.
- 2) Reduce heat to a simmer and simmer 10 minutes, pour through a fine strainer or cheesecloth.
- 3) Add lemon juice and sweeten to taste with raw honey. Drink at least 1 glass daily.
- 4) Reheat remaining tea as needed.



**CHOCOLATE AND BANANA BOOBIE SMOOTHIE**

**INGREDIENTS**

1 Bananas ripe, frozen  
1/4 cup Oats quick variety  
1 1/2 tbsp Peanut Butter or more to taste  
1 tbsp Ground Flax Seeds increase up to 2tbs for extra boost  
1 1/2 tbsp Cocoa Powder Or Cacao 100% if you can get it  
3/4 cup Milk of your choice  
1 1/2 cups Ice

**PREPARATION**

- 1) Pop the oats and the flax seeds into the blender and give them a few pulses to break them down.
- 2) Add everything else into the blender and blend until well combined.
- 3) Add in the ice and blend until well blended. Depending on how you like to enjoy your smoothie (i.e. with a spoon or a straw) add more ice.
- 4) Enjoy!





**BANANA PEANUT BUTTER PROTEIN SMOOTHIE**

**INGREDIENTS**

- 2 cups unsweetened almond milk
- 1/4 cup peanut butter (or almond butter)
- 1 Tbsp. chia seeds
- 1 Tbsp. hemp seeds
- 1 Tbsp. flax seeds
- 4 pitted dates (or less depending on ripeness of banana)
- 2 medium frozen bananas (sliced)
- 1 cup ice cubes
- 1/8 tsp. cayenne pepper (optional)

**PREPARATION**

Throw all of the ingredients into your KitchenAid® blender in the order listed, secure the lid, and blend on high for 30 to 60 seconds until smooth and frosty.  
NOTE: You need ripe bananas (but not really over ripe) for the best flavor profile.



**SUPER GREEN CLEANSING SMOOTHIE**

**INGREDIENTS**

- 3 cups greens (Organic Girl Super)
- 2 bananas
- 3 Tbsp. chia seeds
- 1 cup pineapples (chopped)
- 1/2 cup almond milk
- 1/2 cup water
- ice (as desired)

- **PREPARATION**

Place all ingredients into a blender and run until smooth.  
Add ice for desired consistency. Serve and Enjoy!



**FAT BURNING ENERGY SHAKE THAT WILL HAVE YOU DANCING LIKE MICK JAGGER**

**INGREDIENTS**

- base
- coconut milk
- 1 cup frozen blueberries
- 1 handful greens
- 1 stevia (small spoon of, The brand I use in the video is Cow and I find that this brand tastes great, not too bitter like some stevia)
- 1 tsp. turmeric (– excellent for blood & immune system)
- 1 tsp. cinnamon (– amazing detoxifier & good for your blood)
- 1 tsp. maca powder (– which is full of amino acids & is great for your health, energy levels & balancing hormones)
- 2 Tbsp. cacao nibs (– another superfood thats great for energy & full of antioxidants)
- 1 Tbsp. flax seed (– great source of health fats)
- 1 Tbsp. chia seeds (– little super seed full of nutrients & healthy fats)
- 1 Tbsp. hemp seeds (– high in protein & healthy fats)

**PREPARATION**

Mix together in a high speed blender & enjoy!





# Table of contents

- Some notes..... page 2
- Starters.....page 3
- Main dishes..... page 5
- Desserts.....page 8
- Drinks..... page 12

