

WHOLE-WHEAT FLAX COOKIES

½ cup/ 120 ml whole flax seeds
1 ½ cups/ 360 ml buttermilk (or skim milk soured with 1 Tbsp lemon juice)
2 cups/ 480 ml whole –wheat flour OR 2 cups/ 480 ml gluten-free flour combination of your liking
½ cup/ 120 ml ground flax seeds (flax meal)
1 cup/ 240 ml rolled oats (uncontaminated if possible)
1 tsp/ 5 ml baking powder
1 tsp/ 5 ml baking soda
½ tsp/ 2.5 ml sea salt
½ tsp/ 2.5 ml cinnamon
¼ tsp/ 1.25 ml ground nutmeg
¼ tsp/ 1.25 ml ground mace
1 cup/ 240 ml Olivina or Do-It-Yourself Olive Butter Spread or 1 cup canola oil
1 cup/ 240 ml Sucanat
2 eggs
2 Tbsp/ 30 ml pure vanilla extract or bourbon vanilla extract
2 cups/ 480 ml coarsely chopped, raw, unsalted almonds
½ cup/ 120 ml dark, Sultana raisins

PREPARATION

1. In small bowl or glass measuring cup, soak whole flax seeds in buttermilk or soured skim milk. These are best soaked for about 2 hours at room temperature.
2. Meanwhile, in a large bowl, measure all dry ingredients including flour, flax meal, oats, baking powder, baking soda, sea salt and spices and combine with whisk until well blended. Don't add raisins or chopped almonds yet!
3. In another medium sized bowl beat Olivina or olive oil-based margarine and Sucanat until fluffy. Add one egg at a time and beat well. Add vanilla and mix well again.
4. Combine liquid and dry ingredients and fold until all ingredients are evenly blended. Add raisins and chopped almonds and mix lightly until blended.
5. Prepare a cookie sheet with parchment paper or Silpat sheet or spray lightly with cooking spray. Using a large soup spoon, take dough and make balls. Place on cookie sheet and bake for 15 minutes.

NUTRITIONAL VALUE PER SERVING 36 servings

Calories: 182/Calories from fat: 98/Protein: 4g/Carbs: 16g/Dietary Fiber: 3g/Sugars: 7g/Fat: 10g/Sodium: 35mg