

Flaxseed is a popular health food in today's age, but it has been around for many years. Seeds of wild blue flax were gathered by Native Americans and used in cookery both because of their highly nutritive value and for the agreeable flavor they added to foods they were cooked with. Flax seed today is added to many products to increase the nutritive value by adding omega-3 fatty acids and fiber to foods such as breads, frozen waffles, and crackers. It has many health benefits and may even reduce risk of heart disease and diabetes. Flaxseed is best used in its ground up form, since the body can best absorb it this way. It can be sprinkled on cereal, yogurt, fruit--the possibilities are endless!

This is just one recipe you can try to get the health benefits of flax seed!

Whole Grain Flax Waffles



Ingredients:

- 1 ½ cups whole wheat pastry flour
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- ¾ tsp. salt
- Dash nutmeg (optional)
- ½ cup ground flaxseed
- 1 ½ cups milk
- 1 ½ T. canola oil
- 1 ½ tsp. maple syrup
- 1 tsp. vanilla (optional)

Directions:

1. Stir wet ingredients into dry ones just until mixed, batter is usually thick and lumpy. If it is too thick to stir, or thickens on standing, add extra milk by the tablespoon.
2. Pour onto waffle iron and cook according to manufacturer's instructions.
3. Serve immediately or keep warm in an oven set to 200 degrees F while cooking remaining waffles.