



Cornbread with Flaxseed

SERVING: 1 SQUARE
YIELD: 9

PREP TIME: 10 MIN
TOTAL TIME: 40 MIN

Ingredients

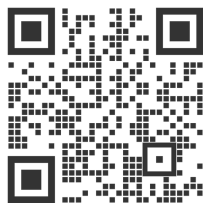
- 2 cups Shawnee Best Cornmeal, Self-rising
- 1-1/2 cups 1% Milk
- 1 tbsp Ground Flaxseed
- 2 large Eggs
- 2 tbsp Buttery Spread (Smart Balance)
- 1 tbsp Extra Virgin Olive Oil

Directions

1. Preheat oven to 400 degrees F.
2. Place cornmeal in mixing bowl. Add flaxseed, milk, eggs, buttery spread and extra virgin olive oil.
3. Stir only enough to mix ingredients.
4. Pour immediately into well greased 8-inch square pan and bake for 25-30 minutes.
5. Cut into 9 squares. Enjoy!

Nutrition Facts	
9 servings per container	
Serving size	1 square (0.0g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 65mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0.5mcg	2%
Calcium 60mg	4%
Iron 1.1mg	6%
Potassium 140mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Cost information includes lower cost ingredients found at local grocery store 12/21/22.



Cost Per Recipe	Cost Per Serving
\$1.62	\$0.18

The Scoop on Flaxseed

Flaxseed—The Health Food

Flaxseed is a small oil-rich seed that is a little larger than a sesame seed. It has a crisp, chewy texture, and most people describe its flavor as "nutty". The unique components of flaxseed make it a very healthy food. Flaxseed is one of the richest sources of omega-3 fats and an excellent source of fiber. It is the richest source of lignans -- plant compounds that have been found to act in humans like a weak form of estrogen. These unique components in flaxseed are being studied for their potential in the prevention and treatment of *heart disease*¹⁻³, *cancer (breast*^{4,5}, *prostate*⁶, *and colon*⁷), *diabetes*⁸, *rheumatoid arthritis*⁹, *kidney disease*¹⁰, *constipation, and symptoms of menopause.*

Where do I buy flaxseed?

Whole flaxseed is available for purchase either in bulk form or in convenient packages at health food stores, some supermarkets, or direct from manufacturers. Two different colors of flaxseed are available -- reddish brown or golden yellow. The color makes little difference when it comes to taste or nutritional value; both offer similar levels of the nutrients that make flax a great addition to your daily diet.

How much do I need?

As of now, there are no definite guidelines established by science that tell us exactly how much flax it takes to help protect against cancer, heart disease, and other illnesses. However, research seems to indicate that one to three tablespoons of ground flax and/or flax oil a day is beneficial.

Table 1. Nutritional Composition of Ground Flaxseed and Flax Oil

1 Tablespoon Ground Flaxseed:

Calories	36
Protein	1.6 grams
Fat	3.3 grams
<i>Omega 3 fats</i>	<i>1800 mg</i>
Fiber	2.2 grams

1 Tablespoon Flax Oil:

Calories	124
Protein	0 grams
Fat	14 grams
<i>Omega 3 fats</i>	<i>8000 mg</i>
Fiber	0 grams



If you are buying whole flaxseed, grinding will help release the omega-3 fatty acids and lignans more effectively than is possible simply by chewing whole flax seeds. A coffee grinder will do the trick, or you can buy it pre-ground.

Flax Food Products

Foods made with flax are showing up in health-food stores and supermarkets. Choosing which flax-fortified foods are best is challenging, but possible. Check the amount of omega-3 fatty acids the product contains per serving, and compare it to the amount in 1 tablespoon of ground flax. For example, if you are looking at a flax snack bar that contains 2000 mg omega-3 fatty acids, then the bar contains at least one tablespoon of ground flax. If you are using flax food products as your main source of flax, choosing foods that contain at least one tablespoon of ground flax is a good reference. If you are using these food products in addition to other sources of flax, any amount will do.

A Word About Oil

Flax oil is a wonderful source of omega-3 fatty acids. However, when you buy flax in this form, this is all you're getting! In other words, flax oil is lacking the other important nutrients that provide health benefits, particularly fiber, lignans, and protein. Also, keep in mind that flax oil is expensive compared to the seed itself, and must be refrigerated at all times.