

LIFE, LIVING
&
LINWOODS



SIMPLY DELICIOUS SEASONAL RECIPES

THIS TIME OF YEAR BRINGS DARK EVENINGS, ROARING FIRES AND HOME COOKING....

As the leaves begin to fall and the wind begins to howl, it's time to pamper yourself with that home cooked grub and what better way to share 'Pamper me Pancakes' or 'Fantastic Flapjacks' than with your family and friends.

Inside this Autumn / Winter recipe booklet we are sharing with you the recipes that inspire us, keeping us cosy and warm throughout those long dark evenings.

We've made sure that each mouth-watering recipe is quick, easy to make and carefully balanced to fit in with your busy, fun-filled lifestyle.

Our simply delicious recipe booklet offers seasonal options from the 'Wake me up Porridge' to help keep your energy up, to our 'Delicious Dahl' for those lazy evenings in front of the fire.

Not only are the recipes a treat to the taste buds, but they can also help to give your diet a nutritious boost of vitamins, minerals and essential fatty acids that our bodies need. Maybe you really can have your (Heavenly Carrot and Flaxseed) cake and eat it!

We'd love to hear what you, your family and friends think of our recipes so drop us a line on Facebook or Twitter, or you can email us - we'd love to hear from you!



 www.facebook.com/linwoodssuperfoods

 [@LinwoodsFoods](https://twitter.com/LinwoodsFoods)

E: flax@linwoods.co.uk

www.linwoodshealthfoods.com



Life, Living & Linwoods

SIMPLY DELICIOUS SEASONAL RECIPES

What's inside...

Wake Me Up Porridge	02 _ 03
Moreish Breakfast Muffins	04 _ 05
Pamper Me Pancakes	06 _ 07
Gorgeous Granola	08 _ 09
Super Smoothie	10 _ 11
Spicy Butternut Squash Soup	12 _ 13
Scrumptious Nutty Bread	14 _ 15
Too Tempting Potato Skins	16 _ 17
Delicious Dahl	18 _ 19
Fantastic Flapjacks	20 _ 21
Heavenly Carrot and Flaxseed Cake	22 _ 23
Crunchy Fruit Crumble and Ice Cream	24 _ 25

WAKE ME UP PORRIDGE

Ingredients

2 Servings

50g Porridge oats
350ml Milk
Pinch of salt
2 Dessertspoons of
**Linwoods Milled
Flaxseed with Bio
Cultures & Vitamin D**

Method

- 1 Put the oats in a saucepan, pour in the milk and add a pinch of salt.
- 2 Bring to the boil stirring occasionally, reduce heat and simmer for 4-5 minutes.
- 3 Pour into bowls, add fruit or topping and sprinkle over the **Linwoods Milled Flaxseed with Bio Cultures & Vitamin D** to serve.



Some additional serving suggestions

Whiskey and Cream

Or

Greek Yoghurt and Honey

Or

Banana and Maple Syrup

Or

Raspberries and Blueberries



GET SOME CULTURE

It takes guts to help your digestive health! Ganeden BC30 bio culture can withstand stomach acids thus increasing its availability in the small intestine.

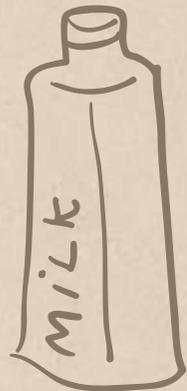


MOREISH BREAKFAST MUFFINS

Ingredients

Makes approx 16 muffins

225g Caster sugar
450g Self-raising flour
2 Dessertspoons of
**Linwoods Milled
Flaxseed, Cocoa & Berries**
1 Teaspoon of baking powder
225ml Milk
225g Butter (unsalted)
2 Eggs



Method

- 1 Preheat the oven to 180C /gas mark 4.
- 2 Mix the flour, baking powder, **Linwoods Milled Flaxseed, Cocoa & Berries** and sugar together.
- 3 Melt the butter and heat the milk, mix together and allow to cool.
- 4 Add the milk and butter to the flour mixture with the beaten eggs.
- 5 Combine the mixture, spoon into muffin cases and bake for 20 minutes.

Some alternative flavours.

Try adding...

- Grated carrot and apple,
- Chopped walnuts and dates,
- Grated rind of 2 lemons,
- 2 Chopped apples and 2 teaspoons of cinnamon,
- Blueberries,
- Mashed banana, raspberries and honey



'BERRY' IMPORTANT

They may be small but did you know strawberries and blueberries are 'berry' important for maintaining normal blood cholesterol levels.



PAMPER ME PANCAKES

Ingredients

2 Servings

1 Egg
2 Dessertspoons of
**Linwoods Milled
Flaxseed, Cocoa & Berries**
55g Plain flour
150ml Milk
Pinch of salt
300ml Fresh orange juice
2 Tablespoons of honey
Fresh raspberries
Icing sugar to dust

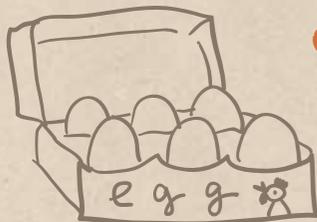
Method

- 1 Sieve the flour and salt into a bowl and mix in the **Linwoods Milled Flaxseed, Cocoa & Berries**.
- 2 Make a well in the centre and add the egg.
- 3 Slowly whisk in the milk to form a smooth batter.
- 4 Heat a little oil in a non stick pan.
- 5 Pour in enough batter to coat the bottom of the pan and cook for 1 minute.
- 6 Flip the pancake over and cook on the other side.
- 7 Remove from the pan and place on a plate.
- 8 Pour the orange juice into the frying pan with the honey and heat gently.
- 9 Fold the pancakes into triangles and return to the pan for a few seconds.
- 10 Transfer to a serving plate, top with the raspberries and dust with icing sugar to serve.



FEELING THE STRAIN?

Here's a message straight from the heart! As well as tasting luxurious, our cocoa has 75% reduced fat when compared to the cocoa in most dark chocolate products.



GORGEOUS GRANOLA

Ingredients

4 Servings

150ml Clear honey
100ml Maple syrup
400g Rolled oats
100g Puffed rice

50g Each of the following -
dried and chopped cranberries,
dried cherries, dried dates,
dried apricots

2 Dessertspoons of
**Linwoods Milled
Flaxseed, Cocoa & Berries**

Method

- 1 Preheat the oven to 160C / gas mark 3.
- 2 Heat the honey and maple syrup in a pan.
- 3 Mix the oats, puffed rice, **Linwoods Milled Flaxseed, Cocoa & Berries**, cranberries, cherries, dates and apricots in a bowl.
- 4 Pour over the honey mixture and mix together with the oat mixture.
- 5 Press the mixture into a baking tray and place in the heated oven for 15 minutes until golden.
- 6 Leave to cool, break into chunks and serve.



SOMETHING TO DIGEST

Because of their fibre and liquid content, berries can give you a sense of fullness. So if you're keeping an eye on the scales that's a weight off your mind!



SUPER SMOOTHIE

Ingredients

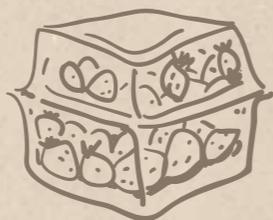
2 Servings

200ml Cranberry juice
125g Raspberries
A Scoop of natural yoghurt
200ml Milk
20g Porridge oats
2 Dessertspoons of
**Linwoods Milled
Flaxseed with Bio
Cultures & Vitamin D**

Method

- 1 Put all the ingredients in a blender and process until smooth.
- 2 Chill and serve.

As an alternative, why not try strawberries, blueberries, banana or mango.



Life, Living & Linwoods 10 11



FRIENDLY BACTERIA

The very thought of bad bacteria isn't nice. Bio Cultures boost friendly bacteria and your body's natural immune defences.



SPICY BUTTERNUT SQUASH SOUP

Ingredients

Serves 3 - 4

- 1 Butternut squash, halved and deseeded
- 25g Butter (unsalted)
- 2 Dessertspoons of **Linwoods Milled Organic Flaxseed, Sunflower & Pumpkin Seeds**
- 1 Leek trimmed and chopped
- 1 Bay leaf
- Black peppercorns, crushed
- 60g Toasted pine nuts
- 5 Allspice berries, crushed
- 600ml Vegetable stock

Method

- 1 Preheat the oven to 190C / gas mark 5.
- 2 Place the butternut squash on a baking sheet and roast in the oven for 45 mins until tender.
- 3 Remove the squash from the oven, scoop out the flesh and place in a bowl.
- 4 Melt the butter in a large saucepan.
- 5 Add the leek, bay leaf, peppercorns, allspice berries and fry gently until the leeks begin to soften.
- 6 Add the squash, stock and 1 litre of water.
- 7 Bring to the boil, reduce the heat and simmer for 10 minutes.
- 8 Remove the bay leaf, add the pine nuts, **Linwoods Milled Organic Flaxseed, Sunflower & Pumpkin Seeds** and transfer to a blender.
- 9 Blend until smooth, pour into bowls, garnish with fresh parsley and serve.



GLOSSY LOCKS

There's no doubt about it - 'you are what you eat'!

So if you want glowing skin and glossy locks boost your system with vitamin E - sunflower and pumpkin seeds are a great source!



SCRUMPTIOUS NUTTY BREAD

Ingredients

Makes approx 12-14 slices

250g Coarse wholemeal flour
2 Tablespoons of **Linwoods Milled Flaxseed, almonds, brazil nuts, walnuts & co-enzyme Q10**

1 Teaspoon of bread soda
250g Spelt flour
1 Teaspoon of salt
400ml Buttermilk

Method

- 1 Preheat the oven to 170C / gas mark 3.
- 2 Mix all the dry ingredients together.
- 3 Stir the buttermilk into the dry mixture and combine.
- 4 Spoon into a greased loaf tin, place in the oven and bake for 1 hour until golden.
- 5 Turn out onto a wire rack to cool.



YOU'D BE NUTS NOT TO

Here's a nutty fact!
Almonds, brazil nuts and walnuts all deliver many nutritious benefits – so you'd be nuts not to include them in your diet!



TOO TEMPTING POTATO SKINS

Ingredients

Serves 8-10

100ml Olive oil

6 Baking potatoes

200g Mature Cheddar grated

2 Dessertspoons of **Linwoods Shelled Hemp**

200ml Sour cream

1 Bunch each of chives
and spring onions, chopped
fresh parsley

Method

- 1 Preheat the oven to 180C / gas mark 4.
- 2 Pierce each potato and place on a baking tray.
- 3 Place in the oven and cook until crisp (approximately 1 hour).
- 4 Remove from the oven and cut each potato in half.
- 5 Scoop out the soft potato middle and cut the skins into 4 wedges.
- 6 Place the skins onto an oiled baking tray and place in the oven at 220C / gas 7 for 30 minutes until golden.
- 7 Mix the sour cream, chives, spring onions and parsley together in a bowl and season.
- 8 Remove the potato skins from the oven, sprinkle with cheese and **Linwoods Shelled Hemp**.
- 9 Place the skins in the oven until the cheese is melted, remove and place on a serving plate.
- 10 Sprinkle with the fresh parsley and serve with the sour cream mix.



FLEX THOSE MUSCLES

Want bulging biceps?
Don't take the hump,
take the Hemp! It's a
complete protein in
itself - important for
the growth of muscle
and maintenance of
normal bones.



DELICIOUS DAHL

Ingredients

Serves 4 - 6

- 1 Onion, chopped
- 200g Chopped tomatoes
- 300g Yellow split peas
- 4 cms Fresh root ginger, grated
- 2 Dessertspoons of **Linwoods Milled Chia Seed**
- 700ml Vegetable stock
- 2 Teaspoons of cumin seeds, 1 teaspoon crushed
- 10 Freeze dried curry leaves
- 2 Teaspoon of ground turmeric
- 2 Garlic cloves, 1 crushed and 1 sliced
- 1 Green chilli, sliced
- 2 Tablespoons of vegetable or sunflower oil

Method

- 1 Put the onion, tomatoes, ginger, split peas, cumin, turmeric, garlic, curry leaves in a slow cooker.
- 2 Add the stock.
- 3 Add most of the chilli, stir and leave to cook for 4 hours or until the split peas are tender.
- 4 Add the **Linwoods Milled Chia Seed**, stir well and season.
- 5 Heat the oil in a saucepan and fry the sliced garlic and cumin until golden.
- 6 Spoon the hot oil over the dahl and sprinkle the sliced chilli on top to serve.



GET A BOOST

Our nutritious Chia seed may help support a balanced diet and active lifestyle.



FANTASTIC FLAPIACKS

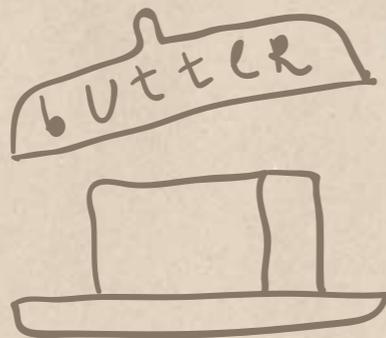
Ingredients

Makes approx 16-18

450g Porridge oats
150g **Linwoods Milled Flax, sunflower, pumpkin & sesame seeds & goji berries**
110g Light brown sugar
275g Butter, unsalted
200g Honey
150g Dried fruit mix
150g Dried apricots chopped

Method

- 1 Preheat the oven to 150C / gas mark 2.
- 2 Grease and line a Swiss roll tin.
- 3 Mix the oats, sugar, fruit, apricots and **Linwoods Milled Flax, sunflower, pumpkin & sesame seeds & goji berries** in a bowl.
- 4 Heat the butter and honey and add to the dry mixture in the bowl.
- 5 Mix well and press into the Swiss roll tin.
- 6 Bake for 25 minutes, remove from the oven and leave to cool.
- 7 Cut into squares and serve.



WAKY WAKY

Be sure to get your vitamins!

A vitamin B deficiency can lead to loss of energy, making you feel lethargic and tired.



HEAVENLY CARROT AND FLAXSEED CAKE

Ingredients

Makes approx 12-14 slices

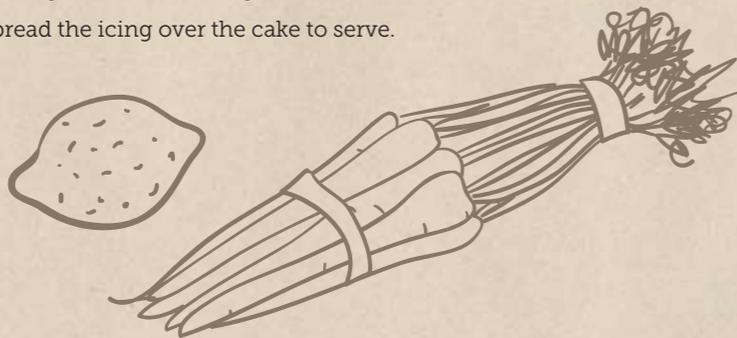
200g Grated carrots
200g Caster sugar
2 Eggs
200g Self raising flour
1 Teaspoon of mixed spice
2 Dessertspoons of **Linwoods Milled Organic Flaxseed**
½ Teaspoon of salt
200ml Sunflower oil
1 Teaspoon of vanilla extract

Icing Ingredients

150g Light cream cheese
25g Butter, unsalted
1 Teaspoon of lemon juice
175g Icing sugar

Method

- 1 Preheat the oven to 170C / gas mark 3.
- 2 Line and grease a 900g loaf tin.
- 3 Place the sugar, eggs and oil in an electric mixer and whisk until pale.
- 4 Add the flour, salt and spice, carrots and vanilla extract.
- 5 Place the mixture in the loaf tin and bake for 1 hour.
- 6 Leave to cool slightly and then turn onto a cooling rack.
- 7 Mix the cream cheese, butter, **Linwoods Milled Organic Flaxseed**, butter and lemon juice together and add the icing sugar.
- 8 Mix together until the sugar is combined.
- 9 Spread the icing over the cake to serve.



HAVE YOUR CAKE ...

Who says you can't have your cake and eat it?

A daily dose of fibretastic flaxseed could get things moving!



CRUNCHY FRUIT CRUMBLE AND ICE CREAM

Ingredients

Serves 4 - 6

900g Cooking apples, peeled, cored and thickly sliced

350g Blackberries

3 Dessertspoons **Linwoods Milled Flaxseed, Cocoa & Berries**

175g Demerara sugar

2 Lemons, juiced

225g Plain flour

175g Butter, unsalted

55g Demerara sugar

Ice Cream Ingredients

4 Egg yolks

100g Caster sugar

300ml Double cream

1 Teaspoon vanilla extract

2 Dessertspoons of **Linwoods Milled Flax, sunflower, pumpkin & sesame seeds & goji berries**

Method

- 1 Preheat the oven to 200C / gas mark 6.
- 2 Place the apples in an ovenproof dish and squeeze the lemon juice over them.
- 3 Spread the 175g of sugar and the blackberries on top of the apples.
- 4 In a mixing bowl rub the butter into the flour to resemble breadcrumbs.
- 5 Add the 55g of sugar and **Linwoods Milled Flaxseed, Cocoa & Berries** and mix well.
- 6 Spoon the crumb mix over the fruit and bake for 45 minutes.

To make the ice cream

- 1 Place the sugar and egg yolks in a bowl and whisk until pale and thick.
- 2 Put the cream into a medium saucepan and heat until just below boiling.
- 3 Slowly pour the hot cream onto the eggs and sugar, whisking as you do this.
- 4 Heat for 10 minutes, stirring, until thickened.
- 5 Remove from the hot saucepan, allow to cool and add the **Linwoods Milled Flax, sunflower, pumpkin & sesame seeds & goji berries**.
- 6 Once at room temperature, cover and chill in the fridge overnight.
- 7 Once chilled, transfer the ice cream mix to the freezer and leave until it is solid.

Life, Living & Linwoods 24 25



READY FOR ANYTHING

Whatever life throws at you, with iron and zinc boosting your immune system, you're ready for anything!



LIFE, LIVING
&
LINWOODS



NURTURE BY NATURE



We hope you have as much fun preparing and tasting these recipes as we've had and this book helps you develop a taste for cooking and baking using our versatile Linwoods Superfoods range. For more information please visit www.linwoodshealthfoods.com

the Linwoods Team



For more information on health benefits and more great recipe ideas please visit www.linwoodshealthfoods.com
f www.facebook.com/linwoodssuperfoods t [@LinwoodsFoods](https://twitter.com/LinwoodsFoods) E: flax@linwoods.co.uk

Available from Asda, Sainsbury's, Tesco Ireland, Holland and Barrett, Dunnes Stores, Supervalu, Superquinn, large independent retailers and independent health food stores.