

BAKED IN STRAWBERRY SHORTCAKE



DIRECTIONS

1. Sift together the flours, sugars, baking powder, and salt in a bowl
2. Mix the milk, egg, and melted margarine in a separate bowl. Add to the dry ingredients and beat well for 2 minutes. Spread into the baking pan
3. Evenly distribute the strawberries over the batter in the pan
4. Mix the crumble topping ingredients until the mixture resembles coarse crumbs. Evenly distribute over the strawberries
5. Bake in the oven for about 30-35 minutes; check after 25 minutes. Cut into 8 portions to serve

Serves: 8

Serving Size: 2" x 4" square

½ Serving Fruit

Preheat oven to 375°F

1 – 8"x8" baking pan, lightly greased

INGREDIENTS

Shortcake

1 cup sifted all purpose flour

½ cup whole wheat flour

½ cup white granulated sugar

2 tsp baking powder

½ tsp salt

¼ cup milk

1 egg

2 tbsp non-hydrogenated margarine, melted

2 cups frozen strawberries, drained

Crumble Topping

3 tbsp sifted all purpose flour

3 tbsp flax flour or flax meal

3 tbsp brown sugar, lightly packed

3 tbsp non-hydrogenated margarine

¼ tsp ground cinnamon

BANANA BREAD



DIRECTIONS

1. In a medium bowl, combine flour, oats, baking powder, baking soda, and brown sugar
2. In a large bowl, mash bananas. Using a wooden spoon, mix in yogurt, oil, vanilla and egg. Gently add dry ingredients to banana mixture and stir until just combined. Do not over-mix
3. Pour batter into prepared loaf pan. Bake for 50-60 minutes, or until a tester inserted in the centre of the loaf comes out clean. Let cool in pan on a rack for 30 minutes. Invert loaf onto rack and let cool completely

Serves: 12

Serving Size: 3/4" slice

½ Serving Fruit

Preheat oven to 350°F

1 – 9"x5"x3" baking pan, lightly greased

INGREDIENTS

1 ½ cup whole wheat flour

1 cup large flake rolled oats

1 tsp baking powder

1 tsp baking soda

¾ cup packed brown sugar

3 medium, very ripe bananas

¾ cup yogurt

3 tbsp canola oil

1 tsp vanilla

1 large egg, lightly beaten

RHUBARB AND BLUEBERRY CRUMBLE



DIRECTIONS

1. In a large bowl mix oatmeal, wheat germ, flax flour, brown sugar and cinnamon
2. Cut the margarine into the flour, stir until it is well mixed and all the dry ingredients are moist
3. In a second large bowl, combine the rhubarb and blueberries
4. Mix the brown sugar, cinnamon and cornstarch; spread over the fruit and toss well
5. Spoon the fruit mixture evenly into the pan and sprinkle the crumb mixture over the fruit
6. Bake for 35-40 minutes or until the fruit is soft and golden

Serves: 8

Serving Size: 2" x 4" square

1 Serving Fruit

Preheat oven to 350°F

1 – 8"x8" pan

INGREDIENTS

Crumb Mixture Topping

¾ cup large flake oatmeal
(not instant)

3 tbsp wheat germ

3 tbsp flax flour or flax meal

¼ cup lightly packed brown sugar

½ tsp ground cinnamon

⅛ cup unsweetened apple sauce

⅛ cup non-hydrogenated
margarine

Rhubarb/Blueberry Mixture

2 cups frozen rhubarb, cut into 1
inch pieces

2 cups fresh or frozen blueberries

⅓ cup lightly packed brown sugar

½ tsp ground cinnamon

1 tbsp cornstarch