

## Flaxseed Pudding

From: Pinterest

Yield: 2 Servings

Prep and Cooking Time: 10 minutes

### Ingredients:

1/2 C ground flaxseeds (aka flax meal)  
1 C milk (any dairy or non dairy milk)  
2 TB sweetener (maple syrup, honey, mashed banana, applesauce or sugar), adjust to taste  
Pinch of salt

### Instructions:

Combine the ground flaxseeds and milk in a bowl.

Add a pinch of salt and sweetener of your choice. Let sit for 3-5 minutes, then stir once more to be sure all the seeds are incorporated with the milk and there aren't any dry patches.

Cover and store in the fridge to thicken for at least 30 to 60 minutes or preferably overnight.

Top with any of your favorites! Granola, fresh fruit or yogurt are all excellent choices.

If you only have whole flaxseeds you can grind them in your blender. You will probably need 1 cup of flaxseeds for the blade to catch them. Alternatively, you could take all the above ingredients (minus toppers) and blend for 30 to 60 seconds then portion and set in refrigerator.

You can adjust the final texture of this recipe by altering the amount of liquid. Add more liquid for a thinner pudding and less for a thicker one.

Enjoy!



# TASTE TEST

*September 2025*



Flaxseed is a tiny, nutrient –dense seed that can be added to your diet to boost your intake of fiber, protein, and omega-3 fatty acids. It can be ingested whole, ground or as oil. Ground flaxseed is more easily digested and can be sprinkled on foods like yogurt and cereal, or used in baking. While generally safe, it's important to drink plenty of water to avoid digestive issues like bloating or gas.

## FUN FACTS

Due to their fiber content, flaxseeds can reduce cholesterol and triglyceride levels in the blood by decreasing lipid reabsorption and increasing fat excretion when consumed regularly.

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## Flaxseed Pumpkin Smoothie

*From: Wicked Spatula*

*Yields: 1 serving*

*Prep Time: 5 minutes*

### Ingredients:

1 medium banana  
1/3 C pumpkin puree (not pie filling)  
2/3 C unsweetened almond milk  
1 tsp maple syrup  
1/2 tsp vanilla extract  
2 TB flaxseed meal  
1 tsp pumpkin pie spice

### Instructions:

Place all ingredients into a blender and blend well until smooth.

Garnish with extra banana, whip cream, cinnamon, or any other favorite you wish!

Note: If using whole flaxseeds, just convert from 2 TB flaxseed meal to 1 TB whole seed, then blend.



## Basil Flax Salad Dressing

*From: Jenniferskitchen.com*

*Yields: 1.5 cups*

*Prep and Cook Time: 5 minutes*

### Ingredients:

1 C water  
1/2 C lemon juice  
2 cloves garlic  
1 tsp salt  
1 tsp granulated onion  
1/4 C (packed) fresh basil leaves (about 30 leaves)  
1/4 C flaxseed meal (if you have whole flaxseeds grind them beforehand. You will need 2 TB whole seeds to equal 1/4 C flaxseed meal)

### Instructions:

Place all ingredients in the blender and blend until smooth.

Chill and store in an airtight container. Be sure to always keep in the refrigerator. You can also freeze this dressing.

Tip: This dressing is amazing over steamed or raw vegetables, especially broccoli and cauliflower.

