

**Farmland Flax Cookies**

1 1/3 cups	butter	325	mL
1 1/4 cups	granulated sugar	300	mL
1 1/2 cups	lightly packed brown sugar	375	mL
2 1/3 cups	flaxseed	575	mL
3	large eggs	3	
1 1/2 tsp.	vanilla	7	mL
3 1/2 cups	all-purpose flour	825	mL
1 tbsp.	baking soda	15	mL
3 cups	oatmeal	750	mL

- In a bowl, cream butter and sugars, add flaxseed.
- In another bowl, beat eggs and vanilla together. Combine with flax mixture.
- Sift together the flour and soda. Mix in oatmeal and combine with other ingredients.
- Form dough into 1 1/2 inch (4 cm) round logs. Place in freezer and chill.
- Preheat oven to 350° F (180° C).
- Slice into 5 mm (1/4 inch) medallions.
- Place on baking sheet leaving about 2 inches (5 cm) between cookies.
- Bake 13 to 15 minutes.
- Remove from sheet and cool.

Yield: 108 cookies 2 inches (5 cm)

Serving Size: 2 cookies

**Single Serving Nutrient Values**

Calories	185
Protein	3.7 g
Carbohydrate	23.9 g
Fat	8.8 g
Cholesterol	25.1 mg
Saturated Fat	3.5 g
Monounsaturated Fat	2.3 g
Polyunsaturated Fat	2.5 g
Dietary Fibre	2.2 g
Sodium	134 mg
Potassium	174 mg