

Flaxseed, Turbinado Sugar and Black Pepper Phyllo Shards

3	tblsp.	ground flaxseed	50	mL
¼	cup	turbinado (raw) sugar	50	mL
1	tblsp.	whole flaxseed	15	mL
1	tblsp.	coarse ground or cracked black pepper	15	mL
4		sheets phyllo pastry 12 x 16 inches (30.5 x 40.5 cm) each	4	
3	tblsp.	melted butter for brushing	45	mL

- Preheat oven to 400° F (200° C).
- In a small bowl combine ground flaxseed, sugar, whole flaxseed and pepper.
- On parchment lined baking sheet, place one sheet phyllo. Brush top with 2 tsp. (10 mL) melted butter and sprinkle generously with flax mixture. Repeat with next sheets of phyllo, butter and flax mixture.
- Top with fourth sheet and brush with remaining butter.
- With sharp knife cut sheets in half crosswise. Then cut at 2 inch (5 cm) intervals to form 16 2 x 6 inch (5 x 15 cm) rectangles. Cut each rectangle diagonally to form 32 triangles.
- Bake 12 minutes until golden, crisp and dry to the touch.
- Let cool 5 minutes then place on cooling rack.

Note: Turbinado Sugar: dry, coarse blond-coloured raw sugar crystals with a delicate molasses or brown sugar taste.

Yield: 16 servings
Serving Size: 2 shards

Single Serving Nutrient Values

Calories	211.81	
Protein	2.84	g
Carbohydrate	17.59	g
Fiber	1.23	g
Fat	14.96	g
Saturated	3.45	g
Monounsaturated	3.61	g
Polyunsaturated	7.19	g
Cholesterol	5.83	mg
Folate	14.50	mcg
Potassium	51.30	mg
Sodium	101.62	mg