



**START THE NEW YEAR WITH
FLAX & SOYBEANS AND LOSE WEIGHT . .**



plus you can make a difference in your health and the health of your family. This can be a very rewarding & inexpensive choice!

After all the holiday meals, snacks, candies etc, I put on a few pounds, pounds that I want to get rid of as soon as possible. I took the first step this morning and went for a two-mile walk. The busyness of Christmas and New Years disrupted my schedule and I didn't realize how much I missed these regular walks, and how much it affected my body. I know this was a good place to begin.

When I got home from this refreshing walk, I took the next step. I packed up the remaining chips, candies and chocolates that were around and put them out of reach, although they are still available for times when we will have company in the coming months. I often put the candies and chocolates into the freezer so I won't be tempted to sneak one or two or even more. They are as good as fresh even after being frozen for a year.

I love to read books, magazines, articles or newsletters on healthy living. It encourages me to keep focused on nutritious eating, exercising and overall fitness.

Yesterday "Flax Focus" arrived in the mail from THE FLAX COUNCIL OF CANADA. This was just what I needed to get me back on track; some new reading material. It has been coming for about ten years now and after this issue it will arrive by e-mail. These newsletters are free and continue to share the amazing health benefits of flax plus information on the progress that research is making.

The shell of flax kernels is full of fibre. Another way to get rid of extra pounds is to eat plenty of fibre and then as well drink plenty of water.

This fibre in flax is also full of healthy nutrients called lignans. These lignans can help us prevent as well as fight many diseases.

By crushing and eating the whole flax seed we are getting fibre to help keep us regular, help us lose weight and as well help us provide our body with plenty of these disease fighting lignans.

Of course the oil inside of the seed is full of disease fighters as well, but we need to remember that we do not get the fibre or the lignans when we eat the flax oil only.

I started eating 2 tablespoons of crushed flax on my breakfast cereal each morning about fifteen years ago. Then a couple of years ago I read a book called "Flax Your Way To Better Health" by dietitian Jane Reinhardt-Martin RD, LD. She shares that eating as much as four tablespoons of flax can be helpful in preventing a number of diseases. So I decided to eat four tablespoons a day to help me keep fit.

I wondered how I would get another two tablespoons of flax into my diet on a regular basis.

That was when I decided to develop a muffin that would have 2 tablespoons of flax in. A very important fact for me is that it had to be a tasty muffin that I could enjoy.

After I had developed the muffin, I created many different kinds so that I could enjoy one every day and never get tired of them. I try to keep at least 4 different kinds in the freezer at one time.

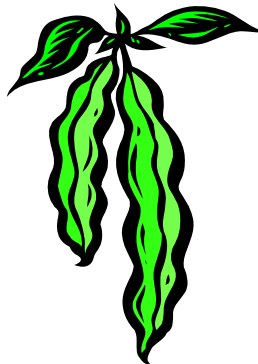
These muffin recipes together with their nutritional analysis and pages of flax information, tips and ideas were then bound and printed into an attractive useful cookbook called A Muffin A Day.

My skin is now very soft even in the summer when I am working with my hands in the soil. The pain I used to have in my hip as well as my wrists is now gone. And yes, I am also gradually losing some of the extra pounds I had been carrying for a long time. Of course we eat many other healthy foods as well, but flax is definitely a regular as our table.

HINTS ON SAVING \$ WHEN BAKING FLAX MUFFINS!

- When bananas are on sale, get a bunch, peel and freeze them to use in the banana muffin recipe.
- After Christmas watch for a sale on glazed fruit or cherries. I freeze enough one-pound packages to last a whole year.
- After Christmas buy nuts on sale. Shell, chop and freeze them for muffins.
- At harvest time grate carrots and zucchini in measured amounts for muffins.
- Buy yogurt or milk on sale on or just before the due date. Freeze this in measured amounts to use in muffin recipes.
- Buy a bushel of flax at a time. It keeps well in a dry cool place. I will often sell some or share a package together with A Muffin A Day cookbook as a gift to someone who isn't feeling well.
- Watch for sales and buy any other ingredients called for in the muffin recipes.

SOYBEAN SEEDS



Another very nutritious seed that is packed with fibre is soybeans. One might say that soybeans are high in calories because of the oil they contain, but did you know that the oil in soybeans is a very healthy polyunsaturated fat called lecithin? Because we know that our body requires some fat, we should try to get it from healthy polyunsaturated fats found in flax and soybeans.

SOY SATISFIED cookbook has a list of the nutrients found in soybeans as well as how these nutrients can help us. And then it contains 200 recipes that are made from the entire soybeans; yes, even the shell that contains so much fibre.

I have often heard people say, "I know what soy tastes like." They are probably referring to the beany taste of soybeans and raw soy flour. But if you have prepared them as I do and gotten rid of that taste, you will find that they have absolutely no taste. In fact you will not know that soybeans are in a recipe. These soybeans are tasteless and easy to digest and can be added to almost any recipe.



The December newsletter found in this website features a recipe for sweetened condensed milk made from soybeans, as well as two recipes that use it. These three new recipes are not in the recipe book, but they are so good that I couldn't keep them to myself. There are many other recipes that can be made from soy crème in the SOY SATISFIED cookbook. There are many desserts, but then as well there are soups, salads, sauces, casseroles, pancakes, waffles and even soymilk.

A few months ago I developed a delicious pumpkin cheesecake recipe that I want to share with you today.



When we look at the amount of pumpkin and soy crème in this recipe, we realize that it is full of nutrition. That isn't often the case with desserts, especially cheesecakes! Most other desserts are full of calories and have very few beneficial nutrients. These soybean desserts are an exception.

PUMPKIN CHEESEY CAKE

Make this recipe in one 10" round cheese cake pan or one 9" by 11" pan

Crust:

2 tablespoons butter 1¼ cup crushed ginger snaps*

*Or 1¼ cups graham crumbs with ½ teaspoon cinnamon and 1 teaspoon molasses mixed in.

Mix crumbs with butter. Press in pan and bake for 6 minutes at 350 ° F

2 packages gelatin	½ cup water.
1½ cups canned pumpkin	1 teaspoon vanilla
2 cups soy crème	½ cup sugar
½ teaspoon salt	1 teaspoon cinnamon
1 teaspoon all spice	½ teaspoon ginger
2 tablespoons molasses	2 teaspoons lemon juice
½ cup nutri whip* (makes 1 cup whipped)	

*Any whipped topping will do.

Sprinkle the gelatin over the water. Heat until almost boiling to dissolve the gelatin. I do this in the microwave.

Put the gelatin together with all other ingredients except the whipped topping into a blender and process. Chill in a bowl until it is partially set. Fold in the whipped topping and spread on the baked crust. Sprinkle with crumbs and refrigerate. Serve.

This will keep a week in the fridge, but at our house it doesn't last more than a day or two.



CREAMED VEGETABLES

SOY CRÈME allows one to enjoy delicious, nutritious creamed vegetables!

Oops, Am I sharing another favorite recipe? Sorry, but this recipe is just too good to keep to myself so here goes. . .

Cook 2 cups vegetables until tender. Keep ½ cup of the liquid (they were cooked in) in the pot with the vegetables. Add ½ cup soy crème ¼ teaspoon dry mustard, 1 teaspoon vinegar and 2 tablespoon minced, sautéed onion. Heat through and then thicken with 1-teaspoon cornstarch. Add salt and pepper to taste.

**An option is adding 1-tablespoon salad dressing for a different flavor.*

I could go on and on. But *you can have* so many flax and soybean recipes at your fingertips by ordering your own copy of SOY SATISFIED and A MUFFIN A DAY.

Below is a special you won't want to miss out on!

SOY SATISFIED has been selling for \$16.95, but I have decided to reduce the price of this book to only \$14.95.

A MUFFIN A DAY was \$9.95 and is now reduced to \$8.95.

Because I know how good both of flax and soybeans are to our health, I am making an even better offer to anyone who wants to order both books and save. The price of both of these books is not \$24.90. But . .

. . . as long as the current stock of these two cookbooks is available, you can order them **BOTH** for only \$17.95

But, for those of you who have taken the time to read through this newsletter, I want to give you an even better deal.

If you will send me a copy or mention the coupon below by e-mail, fax, by mail or on the website order form, you will get these two books for another dollar off or only \$16.95 + freight and GST. One coupon per order please. You can order by filling out the order form on the website or printing off the form found on the website and sending it by fax or mail.

Remember that this special is only on as long as the current stock of these cookbooks is available, so send in your order today.

In the February newsletter, watch for another great special! . . . a special on EAT MORE WHOLE GRAINS cookbook!

*Happy New Year!
Sincerely Winnie*

**When ordering SOY SATISFIED and A MUFFIN A DAY,
as long as current stock is available you can get an extra \$1.00
OFF each order.**

