

# Heartland Flax

A Division of PureTec International, Inc.

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## Flax Bars

### Microwave version

Use organic or conventional ingredients

In large microwave safe bowl add:

- \*1 - cup brown sugar
- \* $\frac{1}{2}$  - cup cane sugar
- \*1 and  $\frac{1}{2}$  - cups corn syrup

Mix well and microwave on high for 3 minutes  
Remove and stir scraping down the sides of bowl  
Return to microwave on high for 1 minute

Add:

- \*1 and  $\frac{1}{2}$  cup creamy peanut butter

Stir until smooth

Add:

- \* 6 - cups rice flakes or Special K cereal (do not use rice krispies)
- \*  $\frac{1}{2}$  - cup Heartland Concentrated Flax Hull Lignans
- \*  $\frac{1}{2}$  - cup Heartland Custom Roasted Flax (full roast)

Mix well and place in lightly greased 13"x9" pan  
(Wax paper works well to distribute and flatten bars)

To small microwave safe bowl add:

- \* 15 ounces of chocolate morsels
- \* 2 table spoons of creamy peanut butter

Heat in microwave on medium power for 2 minutes

Remove and stir

Heat in microwave for 30 more seconds

Remove and stir until smooth and spread over bars

Allow to cool completely before cutting into bars

Store covered at room temperature

Each 1 and  $\frac{1}{2}$  inch square bar contains approx. 1 gram of flax hull lignans (approx. 50mg SDG) and 1 gram of roasted flax seed.

\* A BAR A DAY MIGHT KEEP THE DOCTOR AWAY!