



## **Blueberry Flax bread**

### **Ingredients:**

¼ cup fresh lemon juice  
¼ cup canola oil  
1 cup sugar  
1 tsp. vanilla  
¾ cup soymilk  
½ cup fresh ground flaxseed  
2 cups whole grain flour (wheat, spelt, emmer)  
2 tsp. baking powder  
½ tsp. baking soda  
1 cup fresh or frozen/thawed blueberries

### **Procedure:**

Preheat oven to 350°F.

In a medium mixing bowl, stir the lemon juice, oil, sugar, vanilla, and soymilk with a whisk. Add the ground flaxseed. Sift in the flour, baking powder and soda. Stir well and add the blueberries. Mix gently with only a few strokes.

Pour the batter into a lightly oiled loaf pan.

Bake for 45 to 55 minutes. (Longer if the blueberries are not fresh.)

Let cool before slicing.

