

Flaxseed Recipes

BY

Dr. D. Lindsey Berkson



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Why Consume Flax (and sesame) seeds?

- These seeds encourage your body to metabolize estrogen very healthfully to produce a final metabolite that protects against cancer. This metabolite is called 2-methoxyestradiol or 2-MEO for short.
- The more 2-MEO your body produces, the less your risk of getting a primary hormonally driven cancer (like breast, ovarian or prostate cancer) and reduce the risk of a cancer recurrence.
- Seeds, especially flax (and sesame) help you make your “remission” your “mission”.
- Flaxseeds have been shown to act as a natural tamoxifen-like compound.
- Flaxseeds also make tamoxifen more effective (your cancer cells are more “sensitized” or more effectively “killed” by tamoxifen when you regularly consume flaxseeds).
- Flaxseeds tamp down dangerous inflammatory molecules, called *cytokines*, (the “bad” ones named IL-1 α and IL-1 β) which “drive” cancer.
- Flaxseeds boost protective molecules (the IL-1Ra “good” family of cytokines) that block breast cancer.

How much Flax seed do I need everyday?

- Research has show that breast tumors in women and reduced recurrence rates occur at consuming approximately 25 grams/day or 5 teaspoons a day.
- If you are healthy you can consume less, and still benefit.
- You can consume flaxseed in muffins, as cereal, or sprinkled on top of other cereals, soups, or salads. Sesame seeds also provide tremendous anti-inflammatory, anti-cancer and pro-2-MEO activities.
- If you are fighting cancer you may want to try to get this amount on most days. I have created the recipes below to help you achieve this.

Berkson Seed-Only Muffins

Containing approximately 1.5 tsp. of flaxseeds per muffin



Ingredients:

- 6 Tbsp. of flaxseeds (I like to use the brown ones for the “flavor”, rather than the golden ones, but you can use either for medical nutrition)
- 12 Tbsp. of chia seeds
- 7 Tbsp. of hemp seeds
- Baking Soda 1 level Tbsp.
- Baking powder 1 level Tbsp.
- Dash of salt (Celtic salt is one of the highest in protective minerals though sea salt does not contain enough iodine to meet your daily needs)
- 1/3 to 1/4 cup of stevia, maple syrup, or honey (maple syrup is one of the healthiest sugars that helps fight pathogens rather than causing them to grow, so if you don’t need to avoid sugars this is a healthy and tasty addition, but you can certainly make these muffins with healthy stevia or trehalose sugar alternatives or even just sugar free jams). I try to avoid sugars so I use Stevia.
- Arrowroot starch 1 heaping Tbsp. (I use this instead of eggs, you can add one egg instead)
- Up to 1 to 1 1/2 cups of a vanilla unsweetened milk alternative, I like to use vanilla flaxseed or non-gmo soymilks. You can use any kind of milk, and if you are not reactive to dairy, you can use regular cow or goat milk. You can even use Ripple, which is a milk made with pea protein.

Optional:

- 1/4 to 1/2 cup of chopped walnuts (optional). Walnuts are the highest food in melatonin and have been shown in rodent subjects to help fight cancer. Plus, they taste great.
- 3 to 4 heaping Tbsp. of peanut butter (when you swirl this in it’s a delightful addition visually as well as favor-wise)
- Add any kind of berries or sugar-free fruit organic jams.

Directions:

- Pre-heat oven to 395 degrees.
- Place arrowroot in $\frac{1}{4}$ c. water, whisk and put aside for 10 minutes (this acts like an egg to hold everything together and since the chia has a stick-together personality, that is all these muffins need to be made without eggs which are a common allergen)
- Grind the seeds except the hemp seeds (I use an inexpensive small coffee grinder.) Hemp seeds should be added without being ground, they clog up the grinder. I keep seeds stored in glass in the fridge.
- Combine all dry ingredients in a bowl.
- Add all the liquids to the seed flour that you have made and keep stirring until it is well blended through and through.
- It should start to hold together well. That is when I swirl in the peanut butter. Takes a bit of elbow grease to keep stirring enough to have all the batter hold well together.
- To avoid more oil and non-stick cookware (linked to being endocrine disruptors and making your fat cells “obesogenic” and almost impossible to lose) I use muffin liners. If you want to use oil, consider ghee or butter.
- Cook for 30 minutes, until you touch the top and it feels firm and muffins are a bit blackened on edges.
- Turn oven off and leave muffins in the oven for another 5 to 10 minutes.
- Take muffins out and leave them in the hot pan for another 5 to 10 minutes. The seeds like lots of gentle heat.

The more liquid the more “smooth” the muffins turn out. The longer you cook them the crunchier they turn out. It’s up to you so give yourself a bit of trial and error over a few batches to find the formula that gives you the flavor and consistencies you love the best.

I love crunchy. I miss and crave crunch. So sometimes I cook the muffins for 45 minutes. When they are crunchy it satisfies like eating chips, but of course, much healthier than chips.

If you want a more regular muffin consistency then add a touch of flour. You can do this with buckwheat, which has the lowest amount of lectins and is the gentlest of all grains, and its lectins are even reduced more with cooking.

Lectins are sticky substances found in some foods that can contribute, in sensitive folks, to irritable bowel syndrome and a wide variety of gut issues. Gluten is the stickiest, the *super glue*, of all lectins.

Buckwheat does not contain gluten even though it has “wheat” in its name. You can also use almond or coconut or any kind of flour. Coconut does not like me so I tend to use it less, but you can use it more.

These muffins keep well for a week tightly covered in the fridge and are great with ghee, butter or my delicious anti-inflammatory macadamia nut pudding (recipe below).

They can also be frozen and thawed naturally over time, or if you use the microwave, putting them in for 30 seconds at high power.

These muffins are great for breakfast with tea or coffee or for desert with my mac cream mixed solo or mixed with berries or sugar-free jam.

I am going to try making these with poppy seeds but have not done that yet.

Perhaps you will do that and email me how you like them added to this healthy, cancer fighting gut healing seed mixture. info@drLindseyBerkson.com

Here is a pic my best friend Janet sent, she's hooked on these now too, but enjoys adding more liquid to achieve a more homogenate and smooth texture. These muffins are on her new marble counter tops I will get to see when I visit her this summer.



Berkson Seed-Only Super Flax Muffins

Contains approximately 5 tsp. of flaxseeds per muffin



Ingredients:

- 20 Tbsp. of flaxseeds
- 12 Tbsp. of chia seeds
- 6 Tbsp. of hemp seeds
- Milk Alternative (I add GMP organic soy to add isoflavone protection as soy signals estrogen receptor beta which acts to put a brake on cancer cells)
- Stevia to taste or use a milk alternative with stevia. If you are able to consume sugar, maple syrup or cane sugars are other possibilities.
- Either 1 heaping Tbsp. of baking soda and 1 heaping Tbsp. of baking powder or 2 heaping Tbsp. of apple cider vinegar.

Optional:

- 3 to 5 heaping Tbsp of peanut butter or any nut butter.
- Several heaping Tbsp. of sugar free fruit jam.

Directions:

- Preheat oven to 398 degrees.
- Grind all seeds except the hemp seeds.
- Add hemp seeds to ground seeds in a bowl.
- Add powders if using baking and soda powders.
- Mix dry ingredients well. Get rid of any ball of seeds, especially hemp seeds, stuck together.
- If using apple cider vinegar, add vinegar to milk alternative and whisk vigorously.
- Add the liquid to the dry ingredients and mix well.

- Then stir in peanut butter and/or jam to taste.
- Line a muffin tin with liners and pour the mix in.
- Bake for 30 minutes. The longer the cooking the more the crunch
- Allow the muffins to sit in the oven for another 10 minutes. If you prefer a more mild flaxseed taste then allow the muffins to sit for another 10 minutes still in the tin on your counter. It is up to you on how long you bake these and then let them sit, depending on what flavor and consistency you enjoy. When there is this much flaxseed in the muffins, I like to let them sit in the oven for 10 extra minutes but then take them out of the tin and enjoy them with ghee, butter or any kind of spread, or by themselves.

This makes 12 large muffins. You can eat one at a time or cut in half and eat twice a day to get your five tsp of flaxseeds.

The baking soda and powder give a bit more of a flour-like consistency. The picture above was when I made muffins and had no flour in the house. I added vinegar and the muffins still rose but are a bit less flour-y. I took the hot out of the oven and added some Balance Butter on top, let it melt in, and had a food-gasm while protecting my breast tissue. A true win/win!

**These Muffins are inspired by:
Aboriginal Bush Bread**



Bush bread, or **seedcakes**, is bread made for many thousands of years by Australian Aboriginals. The bread or cakes were made by crushing seeds into dough. These seed cakes are robust in healthy proteins, super fats that healthfully feed your gut wall, microbiome, nervous and immune system and brain, as well as rich in healthy complex carbs.

After I sold my first clinic in California (one of the first multi-disciplinary clinics in the U.S. where 15 doctors and 15 employees emphasized natural answers and food as medicine) I backpacked through Australia for 6 months. I was a sight. Ha. I always had pink nails, short-shorts and a back-pack.

I lived with the Aboriginals in the Out Back, painted dreamtime art, went on *walk-about*, and made bush bread



Dr. B's Seed Cereal

A fast, easy, anti-inflammatory breakfast



Ingredients:

- 1 Tablespoon of flaxseeds
- 1 Tablespoon of chia seeds
- 1 Tablespoon of sunflower or pumpkin seeds
- Your preferred vanilla milk alternative such as unsweetened vanilla almond, coconut, flax, or soymilk.

Optional:

- 1 heavy teaspoon of hemp seeds (don't grind hemp seeds, just add them)
- Add stevia to taste
- Add a few berries
- Add a dollop of sugar-free jam.
- If you really want to up your inflammation fighting power put a dollop of delicious Berkson Mac Pudding on Top! (Recipe below)

Directions:

- Use a small coffee grinder and grind:
 - 1 Tablespoon of flaxseeds
 - 1 Tablespoons of chia
 - 1 Tablespoon of sunflower or pumpkin seeds
- Grind for the shortest possible time needed to break down the seeds. If you over grind, this creates unhealthy oxidized oils and other adverse compounds. If you don't already have a grinder, you can purchase one at most grocery stores.

NOTE: Grind the seeds right before use. Do not purchase pre-ground seeds of any kind. Seeds are high in fragile oils; pre-grinding oxidizes these oils and creates extremely damaging by-products. Using freshly ground seeds helps to preserve the health benefits of these amazing oils to keep YOU at your healthiest!

Berkson's Mac Pudding



Berkson's Mac Pudding is a keto-friendly, anti-inflammatory delight that can be used as a pudding or a frosting for my Berkson seed-only muffins, or as shown above, mixed with coconut cream for a layered delight.

- This Macadamia nut pudding is a winner for a desert but it is also great over my breakfast seed cereal (shown above) with some fresh berries.
- You can keep some in the fridge, and take out a spoonful to enjoy as a midday delight to satisfy your sweet tooth and avoid unhealthy sugars.

Macadamia nuts are a *natural anti-inflammatory food medicine*. They contain a high amount of "cis-palmitoleic acid", an *omega-7 fatty acid*.

- ✓ This healthy omega-7 fatty acid reduces nasty inflammatory genes, reduces C-reactive protein, and fights pro-inflammatory molecules.
- ✓ Omega-7 fatty acids boost brain, gut and optic nerve health.
- ✓ Omega-7 fatty acids reduce nasty inflammation, especially in the gut wall.
- ✓ Omega-7 fatty acids reduce "bad" pro-inflammatory cytokines so effectively, that macadamia nuts have been shown to reduce inflammatory bowel disease flares when consumed daily.
- ✓ Macadamia extract has been shown to contribute to healing ulcerative colitis because macadamia nuts also "up-regulate" *anti-inflammatory genes* which boosts your body's anti-inflammatory power.
- ✓ Eating a few Macadamia nuts or taking a tablespoon of this pudding after a meal helps you fight back inflammation from that meal (*bacterial translocation* that can occur after meals).

Ingredients:

- 1 cup of raw macadamia nuts
- 1 cup of unsweetened milk alternative I like using unsweetened vanilla flaxseed milk
- 1 to 2 Tablespoons of raw granulated Stevia
- 1 Tablespoon of coconut cream (I use Coconut Manna which you can purchase at a natural food store)

Optional:

- Add a dash of cherry juice concentrate (about ½ tsp.) or a dash of cherry extract and serve with a cherry on top. A little goes a long way and it's great to serve for Valentine's Day while you are wearing something that will probably not stay on very long.
- Add any of these for more variations: Whipped cream, berries, sugar-free jam, sprinkle of coconut flakes, etc.
- Buy a can of heavy coconut cream and add some into the pudding after it's been completely blended. This gives a textured flavor; the colors contrast and look really cool served in a glass container.

Directions:

- Put the macadamia nuts into a Vita-Mix or equally powerful blender.
- Add milk starting with ¾'s of a cup adding the remainder slowly to make sure you get a pudding consistency. Nuts vary in their moisture content depending on soil, time of year, etc.
- Blend until you see the mixture looks like firm pudding.
- Empty the macadamia cream into a bowl and add 1 Tablespoon of coconut cream. If you want to walk on the wild side, add some homemade whipped cream sweetened with stevia. You can also try rice or soy whipped cream that is sold at some health food stores.
- Put into a small bowl or a pretty glass. It is very rich so a little goes a long way. Add a dollop of coconut or whipped cream, or some cherries or a date on top and enjoy!

References:

Estradiol, tamoxifen, and flaxseed alter IL-1 β and IL-1Ra levels in normal human breast tissue in vivo. [J Clin Endocrinol Metab.](#) 2012 Nov;97(11):E2044-54. doi: 10.1210/jc.2012-2288.

Can the combination of flaxseed and its lignans with soy and its isoflavones reduce the growth stimulatory effect of soy and its isoflavones on established breast cancer? [Mol Nutr Food Res.](#) 2007 Jul;51(7):845-56.

Summary: Effect of Cis-palmitoleic acid (an omega-7 fatty acid found in macadamia nuts) supplementation on inflammation and expression of HNF4 γ , HNF4 α and IL-6 in patients with ulcerative colitis: a double blind, randomized pilot study. [Minerva Gastroenterol Dietol.](#) 2017 Feb 9. doi: 10.23736/S1121-421X.17.02367-4.

Cis-palmitoleic acid (Omega-7 fatty acid) is a monounsaturated fatty acid (MUFA) associated with anti-inflammatory process through specific protein interactions such as HNF4 γ and HNF4 α , these two genes are related to the immune response in ulcerative colitis (UC) they may act as a mediator of anti-inflammatory action. The aim of this study was to evaluate the effect of Cis-palmitoleic acid supplementation on inflammatory activity and the expression of genes HNF4 γ , HNF4 α and IL-6 in the colonic mucosa of patients with active UC.

A double blind, randomized, placebo-controlled pilot study was conducted in 20 patients with UC. A dose of 720 mg/day of Cis-palmitoleic acid was orally administered during 8 weeks and Mayo Clinic score was used for the assessment of clinical activity in UC before and after treatment with Cis-palmitoleic acid and placebo.

A total of 20 patients with UC were randomized to receive Cis-palmitoleic acid or placebo. Significant changes in the biochemical markers of inflammation were found in UC patients before and after treatment with Cis-palmitoleic acid vs. placebo such as total protein (P=0.02), hs-CRP (P=0.04) and ESR (P<0.05). The gene expression of HNF4 γ and HNF4 α were found to be increased in the Cis-palmitoleic acid group compared to placebo group (P=0.05 and P=0.07 respectively) as well as significant reduction upon IL-6 expression in the Cis-palmitoleic acid group (P=0.005).

CONCLUSIONS: Cis-palmitoleic acid as co-adjuvant therapy for 8 weeks seems to decrease the inflammatory activity through the increased expression of HNF4 α and HNF4 γ in patients with UC.

Purified palmitoleic acid for the reduction of high-sensitivity C-reactive protein and serum lipids: a double-blinded, randomized, placebo controlled study. [J Clin Lipidol.](#) 2014 Nov-Dec;8(6):612-7. doi: 10.1016/j.jacl.2014.08.001.

Summary:

Purified palmitoleic acid (16-1; omega-7) has shown lipid-lowering and anti-inflammatory benefits in open label, epidemiologic, and animal studies.

Our objective was to perform the first randomized controlled trial of purified palmitoleic acid supplementation in humans.

Adults with dyslipidemia and evidence of mild systemic inflammation (high-sensitivity C-reactive protein [hs-CRP] between 2 and 5 mg/L) were randomly allocated to receive either 220.5 mg of cis-palmitoleic acid (n = 30) or an identical capsule with placebo (1000 mg of medium chain triglycerides, n = 30) once per day for 30 days. Participants were asked to maintain their current diet. Serum lipids and hs-CRP were drawn at baseline and study completion.

At 30 days, there were significant mean (95% confidence interval [CI]) reductions in CRP (-1.9 [-2.3 to -1.4] mg/L), triglyceride (-30.2 [-40.2 to -25.3] mg/dL), and low-density lipoprotein (LDL) (-8.9 [-12.0 to -5.8] mg/dL), and a significant increase in high-density lipoprotein (HDL) (2.4 [1.5, 3.3] mg/dL) in the intervention group compared with control. These changes equated to 44%, 15%, and

8% reductions in CRP, triglyceride, and LDL respectively, and a 5% increase in HDL compared with control.

CONCLUSIONS: Purified palmitoleic acid may be useful in the treatment of hypertriglyceridemia with the beneficial added effects of decreasing LDL and hs-CRP and raising HDL. Further study is needed to elucidate mechanisms and establish appropriate human doses.
