



COOKBOOK

Winter 2026

DELICIOUS, WHOLESOME FLAX
RECIPES



INTRODUCTION

Healthy Farm. Healthy Food.

Welcome to Our Winter Kitchen

Winter is the season for warm kitchens, comforting meals and sharing food with the people we love.

This cookbook was created to celebrate wholesome cooking, simple ingredients and the joy of gathering around the table with family and friends.

At Stoney Creek Oil Products, we are passionate about creating natural, wholesome products that fit beautifully into everyday cooking and baking. From flaxseed meals and whole seeds to cold-pressed oils and pantry staples, our products are designed to bring both nourishment and flavour to your kitchen.

Inside these pages, you'll find comforting winter recipes made for real life. Hearty meals, nourishing snacks, baked treats and simple ways to add healthy goodness into everyday cooking.

We hope these recipes bring warmth to your home, inspire time together in the kitchen and become favourites shared with the people you love most.

From our family to yours, happy cooking.



STONEY CREEK FLAXSEED MEAL RECIPES

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Flaxseed meal is a simple and versatile ingredient that brings natural goodness to everyday cooking and baking. With its mild, nutty flavour, it blends beautifully into both sweet and savoury recipes while adding fibre, plant protein and wholesome nutrition.

Perfect for winter comfort foods, flaxseed meal can be stirred into warm porridge, baked into muffins and breads or added to smoothies, slices and pancakes for an easy nutritional boost.

Whether you're baking for family, preparing nourishing breakfasts or creating homemade treats to share, Stoney Creek flaxseed meal is an easy pantry staple you'll reach for again and again.





MEAT BALLS

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½ kg lean Mince

½ cup Rice (uncooked)

1 slice Bread chopped

⅓ cup Stoney Creek Flaxseed Meal

1 Onion chopped

1 Egg

Mix together 1 tin Tomato Soup + 1/2 tin water

Method:

Mix mince, rice, bread, onion, flaxseed meal and egg in a medium bowl.

Roll into meat balls and place into a casserole dish and pour soup mix over.

Bake in moderate oven for approximately 1¼ to 1½ hours.





PASTIES WITH A TWIST

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Pastry

1 packet Robor Pastry Mix

$\frac{1}{2}$ cup Stoney Creek Flaxseed Meal

$\frac{1}{4}$ cup of Stoney Creek whole Flaxseeds

Make up pastry mix according to directions on packet, adding more water as required.

Mix together by hand to a firm ball. Let stand for approximately 10 mins.

Roll out on floured board. Cut to desired size using a bowl as a template.

Meat Filling

Combine the following and cook in saucepan:

1 kg Mince Meat

1 Parsnip - grated

2 Carrots - grated

1 Onion - chopped

2 Eggs - lightly beaten

Method:

Put meat onto pastry cut outs. Beat an extra egg and brush on one side of pastry. Fold over and seal with fingers to a flat pastie or cornish shape. Bake at 200°C for approximately $\frac{1}{2}$ hr.





ZUCCHINI BREAD

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2 Cups grated zucchini - small zucchinis are best

3 Eggs

3 Teaspoons Vanilla Essence

1 Cup Stoney Creek Safflower Oil

1 Cup Walnuts

2 Cups Caster Sugar

3 Cups Plain Flour

$\frac{1}{4}$ Teaspoon Baking Powder

1 Teaspoon Salt

1 Teaspoon Carb Soda

3 Teaspoons Cinnamon

$\frac{1}{2}$ Cup Stoney Creek Flaxseed Meal

Method:

Set oven at 180°C and line base of 2 9 x 5 loaf tins and lightly grease tins.

Beat eggs till light and foamy, add sugar, vanilla & oil. Beat till thick and mousse like.

stir in grated zucchini. Sift together flour baking powder, salt, soda & cinnamon. Fold this into zucchini mix with the nuts and meal. Pour into greased tins and bake 1–1½ hours in a moderate oven.





SWEET POTATO & PUMPKIN SOUP

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2 Sweet Potatoes peeled and diced
equal quantity of Pumpkin
2 ½ litres water
1 Leek chopped
2 Tomatoes diced
4 Chicken Stock Cubes

Method:

Place all ingredients in a pot and cook
approximately ½ hour.

Add 1/3 cup Stoney Creek Flaxseed meal
Cook 5 minutes.

Remove from heat, blend in blender until
smooth.

Variation:

Add 3 teaspoons Sesame Seeds and
1 ½ teaspoons dried Coriander and
heat approximately ½ hour.

Serve with a small spoon of Cream or
sprinkle with chives or spring onion.





FLAX BREAD

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½ cup Stoney Creek Flaxseed Meal

2½ cups bread flour

1 tsp salt

½ tsp instant dry yeast

1¾ cups warm water

Whole flaxseeds, sesame seeds, salt flakes 4.5 litre (or larger) heavy lidded pot (heat resistant cast iron/enamel/pyrex)

Method:

Dissolve yeast in warm water. Sift flour in a large bowl, add meal and salt around edge. Make a well in the centre of the flour. Add liquid to flour, stir with a paddle until combined. Knead the wet dough for a few minutes whilst still in the bowl.

Cover bowl with cling wrap and leave until the dough has doubled in size, or overnight in a warm place. Turn the dough onto some baking paper, roughly shaping to suit your pot.

Sprinkle with seeds and salt. Let rise again for 30 minutes whilst heating the pot in the oven at 220 °C. Lift the dough using the paper and place both in pot, put lid on and bake for 30 minutes. Remove lid and bake a further 15 to 20 minutes.





FLAX DRY BISCUITS

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½ Cup Stoney Creek Flaxseed Meal
(ground to flour)
2 Cups Plain Flour
½ Cup Self Raising Flour
50 gm Butter (chopped)
¾ Cup Water
½ teaspoon salt
1/3 Cup whole Flaxseeds

Method:

Mix plain, self-raising and meal flour together, add salt and whole flaxseeds.

Rub in Butter. Add water to make dough.

Let stand for a few minutes. Roll out thinly, cut into shapes and prick with fork.

Bake in moderate oven for 10-12 minutes.

Variation: Add flavoured salt ie: onion or garlic salt or top with grated cheese.





FETTUCCINE FLAX PASTA

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250ml water
1 Tablespoon Stoney Creek Safflower Oil
1 Teaspoon Salt
2 Cups Plain Flour
1 Cup Semolina
 $\frac{1}{4}$ Cup Stoney Creek Flaxseed Meal

Method

Place in Bread Maker on dough Setting

When finished roll out onto floured bench until required thickness. Then cut into fettuccine strips.

Place into boiling water for 15-20 mins.

Drain and Rinse

Serve with Creamy Vegetables



FLAXMEAL SCONES

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2 cups S.R. Flour

½ cup Stoney Creek Flaxseed Meal ground to flour

150 gr Butter

1 cup Milk

½ teaspoon Baking Powder

Method:

Place flour and ground meal into a bowl.

Mix in baking powder.

Rub butter into flour mixture.

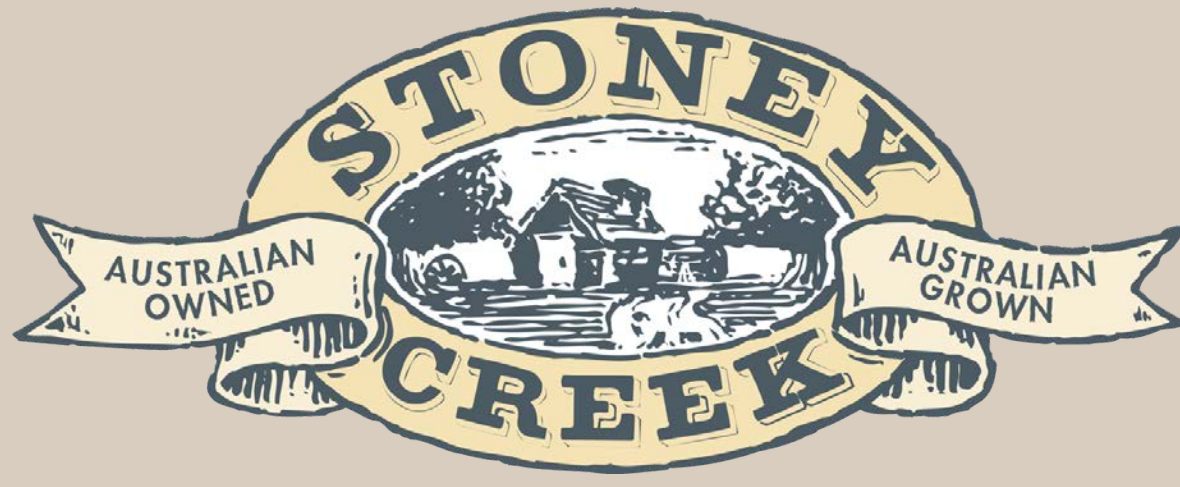
Add milk.

Pat out onto floured board, cut to desired shape and bake in very hot 230° oven for approximately 15 minutes.

Serve with butter or jam & cream.

Makes 8-10 scones





EASY FRUIT LOAF

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1 Cup Stoney Creek Flaxseed Meal

1 ½ Cup Milk (Soy, Rice or Low fat)

1 Cup Mixed Fruit

1 Cup Brown Sugar

1 Cup Wholemeal S.R. Flour

1/2 cup water

2 eggs

125gm glazed ginger (optional)

170gm raisins (optional)

Method:

Combine flaxseed meal, beaten eggs, water, milk and sugar & stand 5 mins, then add remaining ingredients and mix thoroughly.

Place in a loaf tin and bake in a moderate oven for 60 mins until golden brown.





FRUITY FLAX BARS

A healthy snack alternative

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125 grms pitted dried Prunes

125 grms Dates

125 grms Figs

125 grms Raisins

$\frac{1}{4}$ cup Honey

3 tablespoons Lemon juice

3 tablespoons Stoney Creek Flaxseed Oil

1 cup Stoney Creek Flaxseed Meal

$\frac{1}{2}$ cup Wheat Germ

1 tablespoon grated Orange rind

Chocolate

Method:

Process the fruit in a food Processor.

Combine the honey, lemon juice,
flax oil, wheat germ, Flaxmeal,
and orange rind. Mix well.

Mold the mixture in a pan and
refrigerate 1 hour.

Cut into bars and serve.

Decorate with chocolate.



BAKED GRANOLA

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4 Cups Oats
1/3 Cup honey
1/4 Cup fresh apple juice
3/4 Cup wheat germ
3/4 Cup Sunflower seeds
3/4 Cup Stoney Creek Flaxseed Meal

Method:
Grind sunflower seeds

Melt honey and stir in apple juice.
Mix oats, wheatgerm, sunflower seeds
and Flaxseed Meal in a bowl. Add honey
and apple juice and stir thoroughly.

Spread thinly over three oven trays
and bake 190°C about 15 mins until
slightly brown.

Remove and add 1 Cup of sultanas.

Store in airtight container.



APPLE AND QUINCE CRUMBLE

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FILLING

3 Granny Smith apples peeled and cut into segments

2 quinces peeled and diced

1/2 cup caster sugar

2 tbsp lemon juice

1/2 tsp ground cinnamon

CRUMBLE

1 cup plain flour

1/4 cup Stoney Creek Flaxseed Meal

3/4 cup rolled oats

1/2 cup caster sugar

200g butter

Method:

Preheat oven to 180 C.

Combine filling in a bowl and spread over a 25cm baking/tart dish.

Melt butter in a saucepan and combine with crumble ingredients.

Spread crumble mixture over fruit.

Bake for 40-45 minutes or until crumble is golden.

Serve with cream or icecream.



STONEY CREEK FLAXSEED OIL RECIPES

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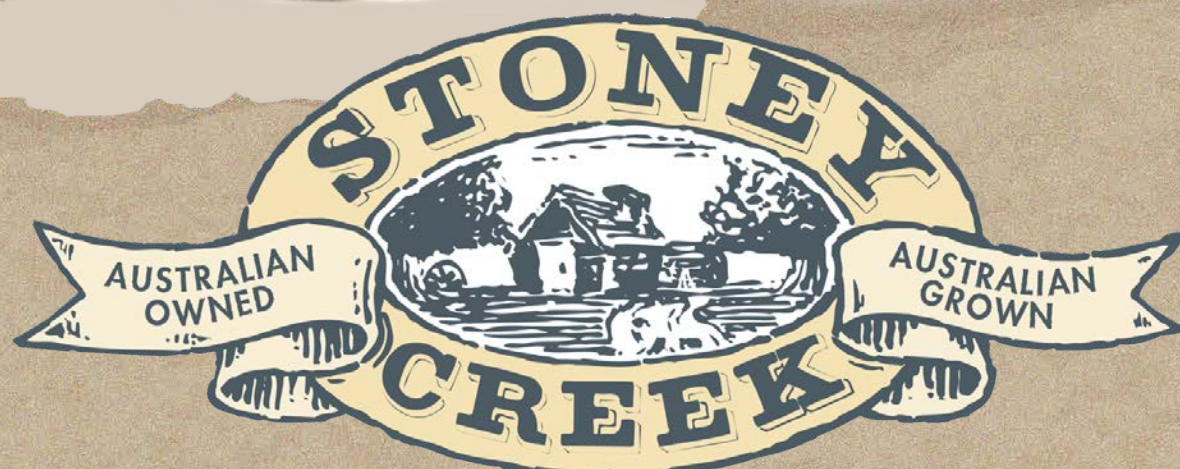
Cold pressed flaxseed oil is a pure, gently extracted oil that retains its natural goodness, including beneficial plant-based omega-3 fatty acids (ALA) and healthy fats that support everyday wellbeing.

With its smooth texture and mild, nutty flavour, it's an easy way to add extra nourishment to your meals, particularly during the colder months when wholesome, nutrient-dense foods are especially valued.

Cold pressed flaxseed oil is best used as a finishing oil rather than for cooking, as heat damages its delicate nutrients.

Instead, drizzle it over warm meals, stir it into dressings, or add it to dips and spreads to enhance winter dishes with both flavour and nutrition.

For cooking, we recommend using a stable, high-quality oil such as Stoney Creek safflower oil, which is well suited for heating and everyday cooking.





HOT WINTER PORRIDGE

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1 cup of Rolled Oats
2 cups of Milk or Water
¼ cup of Sultanas
Sprinkle of Cinnamon
2 tablespoons Stoney Creek Flaxseed Oil
Vanilla yoghurt to top
Raw Honey to flavour

Method:

In a saucepan, combine the rolled oats, milk and sultanas.

Bring to the boil. Cook over medium heat, stirring continuously.

Remove from heat. Add cinnamon and honey. Stir in the Flaxseed Oil.

Serve topped with vanilla yoghurt.

SERVES 2



SWEET CORN AND CHICKEN SOUP

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1 Tin Creamed Soup

1 Pkt Chicken Noodle Soup

1 Litre Water

Mix together in saucepan and simmer 5 mins

Method

Add drizzling in and whisking at the same time 1 well beaten egg.

Simmer for 5 mins

Serve adding 2 Teaspoons Stoney Creek Flaxseed Oil, mixing well



MINESTRONE SOUP

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- 1 Tin Red Kidney Beans
- 1 Tin tomatoes
- 1.5 Litres Water
- 1 Medium Carrot diced
- 1 Stick Celery sliced
- 1 Rasher of Bacon
- 1 onion diced
- 1 Cup Pasta (uncooked)
- 1 Talespoon Stoney Creek Safflower Oil
- 1 Teaspoon minced garlic

Method

Saute' onion, bacon and garlic in oil.

Add all other ingredients and cook for 30 mins

roughly wash tomatoes with a fork

Serve stiring in 2 Tablespoons of Stoney Creek Flaxseed Oil.





VANILLA-PRUNE CREAM OF RICE

(A delicious rice cereal or dessert)

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1 Cup Rice

3½ Cups water or milk

½ Cup Prunes (Cut into two)

4 Tablespoons Stoney Creek Flaxseed Oil

2 Teaspoons Vanilla extract

Method:

Finely grind rice in a blender, or grinder.

Bring the water or milk to the boil in a large pot. Whisk in the rice and add the prunes. Cover and simmer for 15 minutes.

Remove from Heat. Stir in the vanilla and Stoney Creek Flax Oil.

Serve immediately.

Serve with vanilla yoghurt.

