

FUN THINGS *to know about* -FLAX SEEDS-



1. Functional Food

Flax seed is known for reducing heart disease risk, its antioxidant properties, and reducing cancer risk.

2. Nutrients

Flax has the highest omega-3 fats content of any plant source. Flax is also a good source of dietary fiber.



3. Protein

Flax seeds are a great source of plant based protein. One teaspoon contains almost 2 grams!

4. Flax egg

- 1 Tbs Flaxseed meal
- 2.5 Tbs water

Stir ingredients in a small bowl. let sit for 5 minutes to thicken. Add in recipe in place of one egg.



5. Skin Health

The high anti-inflammatory omega-3 fats help diminish inflammation of the skin. Flax aids in reduced wrinkles and fine lines when consumed.