

Just the Flax!

Healthful Diet Gurus were asked, “What was the one thing that a person could add to their regime that would give the highest benefits?” They Responded, “Just the Flax, Ma’am; just the Flax!” and it costs only pennies to do it!

Here’s the secret: Go to your Bulk Barn or other bulk food retailer and purchase a couple pounds of Whole Flax Seed. It comes in brown and golden and there is no difference in the nutritional value, so you can buy either one or some of each. I usually mix some of each in my container of flax seed. Keep it in the refrigerator in a sealed container.

Using a small coffee grinder place 2 tablespoons of the seed in it and grind it to powder. This can be done in a blender also but the little coffee grinders are so handy—I keep mine on my deck ready to go. While you can buy ground flax seed it is pricier, and once the seed is broken the precious oils can go rancid very easily. So grind your daily allowance fresh at the time you wish to use it—it takes only a couple minutes.

You can use the powder in many ways as it has a mild, slightly nutty taste and can be sprinkled on cereal either cold or hot, on toast and spread, or a dish of fruit or applesauce. It can also go on salads, soups or main dishes—just sprinkle it on and you hardly notice it is there. Here are 2 of my favorite ways to use it:

Temcat’s Raw Apple Muesli

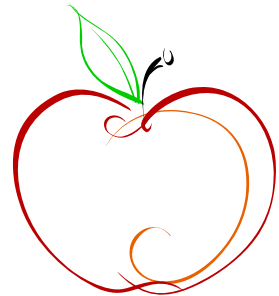
Take one or two apples and wash them carefully—a drop of dish soap can be rubbed over them and rinse under a tap to remove any residues on the peels. Cut and core them, cut into small pieces and whiz them in a Blender, Vita Mix, or Food Processor until they are applesauce texture. You can adjust the texture to suit your personal preference. A little lemon juice added helps them not to turn brown too quickly.

Then you place it in your bowl and sprinkle you ground flax seeds on it and enjoy. It needs to be eaten up right away to get the best taste and highest nutrition.

Optional add-ins: a few walnuts; sliced almonds or filberts; organic raisins all can be added if desired.

This can be used as a topping for your plain hot oatmeal cereal or mix the apple and ground flax well and use it for a spread on toast.

By the Way, once you’ve tasted raw applesauce you will lose interest in the cooked kind.



Temcat’s Banana-Flax Treat

Take a couple nice bananas with just a few sugar spots on them so as to be sweet but not too much so, and slice them into your bowl. Then sprinkle your freshly-ground flax-seed onto them, tumble the slices around until the seed powder has coated them nicely and enjoy. Children love this simple treat also and it is so good for them!

So use your imagination and try it different ways but use it every day and it will work some real magic in your health, benefitting everything from your hair to your toenails and all that lies between! You never need worry about getting your Omega Oils when you use this simple secret.

