



Flax the Super Food!: Over 80 Delicious Recipes Using Flax Oil and Ground Flaxseed (Over 80 Delicious Recipes Using Flax Oil & Ground Flaxseed)

Barb Bloomfield, Judy Brown, Siegfried Gursche, Barbara Bloomfield

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A spin-doctor of another kind with this essential guide to health food flax - Flax contains important essential fats - omega-3s and omega-6s - and has antibacterial, antiviral and antifungal properties; also plays a key role in the prevention of some cancers - Flax-The Super Food offer over delicious recipes using ground flaxseeds and flax oil, background information on flax and its nutritional benefits - Includes recipes for breakfast foods, spreads, dips, salads, dressings, breads, soups, and entrees

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