



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

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Enjoy over 80 delicious recipes for using ground flaxseeds and flax oil and reap the health benefits of this superfood. One of the few vegetarian sources for omega-3s and omega-6s, essential fats your body depends on for the proper functioning of many organs, flax is also rich in lignans which have antibacterial, anti viral, and anti fungal properties and may play a role in the prevention of breast, prostate, uterine, and colon cancers. One cookbook that should be on everyone's kitchen shelf!

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