

Beneficial Bites



Flaxseed



Health Benefits:

- High fiber food that acts as mild laxative
- Contains omega-3 fatty acids (good fats) that can reduce inflammation
- Some evidence it can help reduce the risk of heart disease, cancer, stroke, and diabetes
- Helps protect against dry eyes & reduces the risk of macular degeneration

Interesting Facts:

- Flaxseed is the seed of the flax plant
- The species name for flaxseeds means "most useful"
- Flaxseed was cultivated in Babylon as early as 3000 BC
- Flax grows throughout Canada and parts of the United States, including Wisconsin.

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Check out the May menu for these “flaxseed” foods



Featured Recipes:

- ▶ Banana Yogurt with Flaxseed
- ▶ Cranberry Flax Muffins
- ▶ Flax Carrot Cake
- ▶ Blueberry Pie with Flax and Almonds
- ▶ Flax Balls



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