

# Healthy Flax Facts

(NAPSA)—Adding a small seed to your diet may offer big benefits. That's the word from experts who say that flaxseeds are an excellent way to improve your health.

For starters, flax is an excellent source of fiber and antioxidant vitamin E. It's rich in monounsaturated fatty acids and is an excellent source of omega-3 essential fatty acids.

Flax has been found to help lower total and LDL cholesterol as well as increase HDL cholesterol levels in the blood.



## Fabulous Flax Smoothie

It's also a good source of many B-complex vitamins as well as minerals such as potassium, iron, magnesium and zinc.

To get the full nutritional value, flaxseed must be ground. Grind the seeds in a coffee or spice grinder right before using it and freeze the whole seed for up to six months for maximum freshness. Adding 1½ tablespoons of ground flax every day is easy—just use your creativity. Stir it into your morning juice or water and sprinkle it on everything from oatmeal to scrambled eggs, soups and salads as well as main meals and side dishes. Or try it in this fabulous smoothie:

### Fabulous Flax Smoothie

- 1 cup ice cubes**
- 1 frozen banana**
- 2 cups frozen fruit (raspberries, strawberries, blackberries, peaches)**
- 4 kale leaves, center ribs removed, optional**
- 1 Tbsp. ground flax**
- 1 cup almond milk or orange juice**

**Fill blender container with ingredients, beginning with ice cubes and pouring almond milk or orange juice in last. Blend until smooth and creamy. Makes 2 large servings.**

Visit [www.ameriflax.com](http://www.ameriflax.com) for information and recipes.