

The Flax Cookbook

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The Flax COOKBOOK

RECIPES AND STRATEGIES FOR GETTING THE MOST FROM
THE MOST POWERFUL PLANT ON THE PLANET



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Flaxseed has been around for centuries, but its pleasant flavor and unsurpassed health benefits have been largely overlooked until now. In *The Flax Cookbook*, registered

dietitian Elaine Magee explains why you should be eating this superfood and offers simple, delicious ways to incorporate it into your daily diet. Rich in omega-3 fatty acids, soluble fiber, and lignans, these eighty easy-to-prepare recipes—which cover everything from muffins and power bars to entrees, desserts, and smoothies—include: Caramel Apple Muffins * Blueberry Buttermilk Pancakes * Mocha-ccino Freeze * Cinnamon Swirl Bread * Herb Crescent Rolls * Cookies & Cream Flax Bars * 7-Layer Mexican Bean Dip * Pesto Pasta Salad * Chicken Alfredo Fettuccini * Stuffed Red Bell Peppers * Pumpkin Spice Flaxseed Cookies * Chewy Chocolate Chip Flax Cookies * Kahlua Chocolate Fudge Cake * Key Lime Tart Complete with sections on the history and properties of flax, the latest scientific findings on its health benefits, macronutrient counts for every recipe that include Weight Watchers Points and omega-3 and omega-6 amounts, and over 100 tips to help you customize your own plan for adding flax to your diet, The Flax Cookbook is an essential resource that belongs in the kitchen of every health-conscious cook.

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