

Flax Drink

Rich in lignans, omega-3, and omega-6 fatty acids (lignans detoxify cells, and omega-3 and omega-6 fatty acids regulate cellular metabolic activity and the cellular respiratory system).

Flax seeds contain high levels of omega-3 essential fatty acids, omega-6 fatty acids, and a substantial level of lignans. These essential fatty acids help bolster cellular metabolic and respiratory activities, while lignans help detoxify the cells. One tablespoon of flax seeds (15 grams) has a nutritional value equivalent to 45 kilograms of peanuts, 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold-pressed flaxseed oil to the flax drink doubles its nutritional value.

Ingredients

- Flax Seeds 1tbsp (15 grams)
- Cold Pressed Flax Seed Oil
1 tbsp (15 grams)
- Curds (Yogurt) 100 grams
- Edemax Powder
½ teaspoon as per dietician advice
- Kalonji Oil
½ teaspoon (if available, not mandatory)

Preparation Guide

In a small mixer grinder or coffee grinder, grind the flax seeds to a fine powder.

In a medium jar of a mixer grinder, add all the ingredients and give it a churn:

- Flax Seed Powder
- Cold-Pressed Flax Seed Oil
- Curds/Yogurt

Add water to adjust the consistency to a buttermilk-like consistency. Kidney disease patients should not add water as there is a restriction of 1 liter of water per day. Asthma or lung disease patients should add hot water while churning the preparation and rinse their mouth after consuming it.

