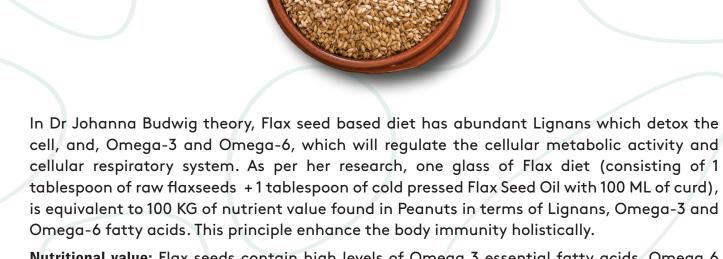


Importance of flax diet and method of preparation of flax diet



Nutritional value: 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 in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams, have a nutritional value equivalent to 45 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

Ingredients required to prepare one portion of Flax Drink

- 1. Flax Seeds
- 2. Cold Pressed Flax Seed Oil
- 3. Curds (Yogurt)
- 4. Kalonji Oil
- **Preconditions :**
- 1. Drink the flax drink within 15 minutes of preparation
- 2. Do not consume the flax drink if you are allergic to it.
- 3. Generally, any forms of seeds will produce heat in the body as they call contain oils in them. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables.

- 1 table spoon (7.5 gms to 15 gms)
- 1 table spoon (15 gms)
- 100 gms (1/2 cup to 1 cup)
- 2.5 gms (1/2 teaspoon)

- 4. DO NOT roast or heat flax seeds before consumption.
- 5. DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption.
- 6. Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.
- 7. Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.

Preparations: In a small mixer grinder or a 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 -

- 1) Flax Seed Powder
- 2) Cold Pressed Flax Seed Oil
- 3) Curds/Yogurt
- 4) Kalonji Oil

Add water to adjust consistency to a buttermilk like consistency.

