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FLAX SEED OIL RECIPES

Fresh Flax Seed Oil, besides its nutritionally unique composition of essential fatty acids, has a pleasing, light, nutty flavor.

It can replace less nutritious oils for all ways that oil is used, except for frying. Frying destroys the healthful properties of this oil.

When using Omega Nutritious Flax Seed Oil in hot foods (soups, cooked or steamed vegetables, etc.) add the oil last, just before or after serving.

Probably the best way to use Omega Nutrition Flax Seed Oil is in cold dishes, the most nutritionally balanced and versatile of which is Dr. Budwig's Oil-Protein Mixture.

Basic Flax Oil-Protein Mixture

-40 grams (3 tbsp) fresh Omega Nutrition Flax Seed Oil
-100 grams (7 tbsp) bakers cheese, or yogurt (low-fat or non-fat) or soft tofu for those allergic to dairy products.

Mix thoroughly. This oil-protein mixture can be eaten as is, or converted into any number of nutritious and tasty dishes. Here are some suggestions.

Breakfast:

For a delicious and strength-giving breakfast, add to the basic mixture:

- a touch of maple syrup or honey
- freshly ground nuts or seeds (almonds, filberts, flax, walnuts, sunflower seeds and sesame seeds) or even granola.
- fruit juice or cut fresh fruit in season (strawberry, raspberry, apple, pear, peach, apricot, plum, blueberry, huckleberry, etc.)

Main Meal:

For a nourishing and health-building main dish for lunch or supper, add to the basic mixture:

- finely shredded green onions and parsley
- grated carrots, green and red peppers, cut tomatoes, and/or any other fresh vegetables.
- herbs and seasonings of your choice: basil, tarragon, thyme, oregano, cumin, coriander, marjoram, curry, dill, etc.

There are many possible combinations.

Here are some other uses of Omega Nutrition Flax Seed Oil:

Salad Dressing:

Add to the basic mixture: vinegar, soy sauce or tamari, your choice of spices and herbs (garlic, mustard, hot spices, basic, cumin, dill, thyme, coriander, oregano, parsley, onion, green onion, etc.) and blend. Makes a

creamy, flavorful, and very nutritious dressing.

Mayonnaise:

This recipe is foolproof if followed exactly (don't try to double it!)

Set aside 1/2 cup flax seed oil and 1/2 cup oil of your choice (safflower, sunflower, or olive). Break an egg into the blender, add 2 tbsp lemon juice or vinegar, a dash of mustard (dry or prepared), a dash of cayenne or ground white pepper, and 1/4 cup of oil. Cover blender and begin to blend at LOW speed until it begins to thicken. Immediately add the remaining 3/4 cup oil in a heavy stream while continuing to blend at low speed. This makes 1 1/2 cups.

Dessert:

Simply add fruits, nuts, and/or sweeteners in varying proportions to your taste. Simple and delicious! Butter Lovers:

Can greatly improve the nutritional value of butter- which is very low in essential fatty acids (efa's) and contains cholesterol- by mixing butter and fresh flax seed oil in 1:1 proportions. This softens the butter, adds a delicious flavor, and supplies cholesterol- lowering efa's to the butter-fat. Remember to refrigerate it. Clarified butter can also be used.

Olive Oil Lovers:

Can mix olive oil and flax seed oil 1:1. This will retain the olive's flavor and greatly enhance its nutritional value.

Some further suggestions for Omega Nutrition Flax Seed Oil:

- on cooked or steamed vegetables, instead of melted butter, a more healthful choice
- on baked potatoes instead of (or mixed with) sour cream is heaven on earth for taste and health.
- in shakes and smoothies.
- is perfect for protein shakes.
- is the best massage and tanning oil available. Be sure to take appropriate care with fabrics.

Because essential fatty acids increase metabolic rate, efa-rich flax oil is less likely than any other oil to result in weight gain. In fact, studies have shown that many overweight people actually lose weight by adding fresh essential fatty acid-rich oil to their diet.