

Bob's

Red Mill®



To Your Good Health...

Bob Moore



ORGANIC

FRIEND of the HEART

WHOLE GROUND

GOLDEN FLAXSEED MEAL

Provides Fiber, Lignans & Omega-3 Fats

Opaque package protects important nutrients. Store in refrigerator for longer product life.

Dear Customers, Flaxseed Meal has a robust nutty flavor. A tablespoon or two baked into your breads and muffins or added to your hot cooked cereal or pancakes brings to you the amazing nutritional benefits of Omega-3, lignans and dietary fiber. This opaque packaging material preserves the healthful Omega-3 fats which are an essential part of our diets. One serving of Flaxseed Meal contains 2400 milligrams of Omega-3 fatty acids.



NET WT 32 OZ (2 LB) 907g

Certified 100% Organic by QAI



Bob's Red Mill products labeled Gluten Free are batch tested in our quality control laboratory. We use an ELISA Gluten Assay test to determine if a product is gluten free.

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all natural



keeps best refrigerated or frozen



Recent studies have shown that flaxseed, once prized by the ancient Egyptians, may be one of the most potent, natural cholesterol controllers ever! Flax targets only the bad cholesterol in your body. Here is a great muffin recipe containing Flaxseed Meal.

➔ BRAN FLAX MUFFINS ➔

- 1-1/2 cups Bob's Red Mill Unbleached White Flour
- 3/4 cup Bob's Red Mill Flaxseed Meal
- 3/4 cup Bob's Red Mill Oat Bran
- 1 cup Brown Sugar
- 2 tsp. Baking Soda
- 1 tsp. Baking Powder
- 1/2 tsp. Salt
- 2 tsp. Cinnamon
- 1-1/2 cups finely shredded Carrots
- 2 peeled and shredded Apples
- 1/2 cup Raisins (optional)
- 1 cup chopped Nuts
- 3/4 cup Milk
- 2 beaten Eggs
- 1 tsp. Vanilla

MIX together flour, Bob's Red Mill Flaxseed Meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. STIR in carrots, apples, raisins (if desired) and nuts. COMBINE milk, beaten eggs and vanilla. POUR liquid ingredients into dry ingredients. STIR until ingredients are moistened. DO NOT OVER MIX. FILL muffin cups 3/4 full. BAKE at 350°F for 15-20 minutes. Yield: 15 medium muffins



Baking Tips for Flaxseed Meal:

- Flaxseed Meal makes a great egg substitute for most recipes. For one egg, simply mix 1 Tbsp flaxseed meal with 3 Tbsp water in a small bowl and let sit for one to two minutes. Add to a recipe as you would an egg.

Ingredient: Organic Ground Flaxseed.

Nutrition Facts

Serving Size: 2 Tbsp (13g)
 Servings Per Container: 34 (per 16 oz bag)
 69 (per 32 oz bag)

Amount Per Serving

Calories 60 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 4g 15%

Sugars 0g

Protein 3g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Our product line is diverse and extensive. For information and recipes, visit our website at www.bobsredmill.com. Write for a brochure or product list: Bob's Red Mill Natural Foods, 13521 SE Pheasant Court, Milwaukie, OR 97222.

Certified 100% Organic by QAI. Manufactured in a facility that also uses tree nuts and soy.

