

## **Flaxseed Oil** (Fats and Oils)

**Interesting facts:** Unique fact about flaxseeds is that they are highest in lignan (antioxidants) in human diets. Flaxseeds contain about seven times as many lignans as the closest runner-up, sesame seeds. Flaxseed oil is also applied to the skin to sooth irritations or soften roughness.

**How to store:** Refrigerate.

**How to use:** Due to the very low temperature tolerance, cooking with flaxseed oil is not recommended. Use in salad dressings or non-cooking methods only. This oil can also be used on the skin.