

Flax Seeds (Grain & Seeds)

Interesting Facts: Flax seeds have been consumed for over 6,000 years. The seed called linseed has the richest source of plant based omega 3 fatty acids called ALA. Flax seeds should not be used in cooking as heat destroys the nutrients. Once ground Flax seeds become rancidity very quickly; so do not grind until ready to use. Fibers extracted from the stems are used to make linen fabric.

How to Select: Flax seeds are generally available in prepackaged containers whole. Select whole seeds in packages that are not exposed to light.

What to avoid: Whether purchasing whole flax seeds in bulk or in a packaged container, make sure there is no evidence of moisture. Additionally, since they have a high oil content and can become rancid, smell those in bulk bins to ensure that they smell fresh.

How to store: Flax seeds can be stored in an airtight container in a cool, dry, dark place or refrigerate until using them.

How to use flax seeds: 1-2 tablespoons of ground flax seeds added to your smoothie for added fiber. Use ground in muffins or baked goods.

Recipe: Replacement for eggs in recipes: The basic ratio is one tablespoon of finely ground flax seed to three tablespoons water. Whisk together until it becomes gelatinous and then add into any recipe calling for eggs. Add flax "eggs" to the recipe exactly as you would regular eggs.