

SEEDS MIX

FULL OF OMEGA 3 & 6



Top tip - eat seeds

Mix one measure of sesame, sunflower and pumpkin seeds, and three measures of flax/linseeds, in a sealed jar. Keep in the fridge. away from light, heat and oxygen. Simply adding one heaped tablespoon of these seeds, ground in a coffee grinder, to your breakfast, salad or soups each day to guarantee a good daily intake of essential fatty acids. Also eat 100g of oily fish twice a week.

1. Fill a large jar with a sealing lid, half with flax/linseeds seeds (rich in Omega 3) and half with sesame, sunflower and pumpkin seeds (rich in Omega 3 & 6).
2. Keep the jar sealed, and place in the fridge to minimise damage from light, heat and oxygen.
3. Put a handful in a coffee/seed grinder, grind up and put onto cereals, salads or soups. Do not heat.

