



PEANUT & TREE
NUT FREE



GLUTEN FREE



fee · fi · fo
FLAX™



VEGAN



NON GMO

Organic

Organic

Golden Roasted

FLAX

WHOLE FLAXSEED • READY TO EAT!

PREMIUM GOLDEN ROASTED FLAXSEED



Net Wt 12 oz (340 g)

REFRIGERATE
AFTER OPENING



The possibilities are endless!

Fee Fi Fo Flax products are sourced and selected from the highest quality flaxseed.

Our flaxseeds are roasted to achieve a delicious nutty taste, crunchy texture and superior quality.

HIGH in Omega-3 ALA. Contains 3.5 g Omega-3 ALA per serving, which is 218% of the 1.6 g Daily Value for Omega-3 ALA.

GOOD SOURCE OF FIBER
4 g fiber per 15 g serving.
Contains 7 g total fat per 15 g serving.

Nutrition Facts

28 servings per container

Serving size 2 Tbsp (15 g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 4.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 74mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Organic golden roasted flaxseed

PRODUCT OF CANADA



 **Recommended intake:**
2 tbsp (15 g) / day



Super Charged Breakfast

Add to cereals, porridge, toast, pancakes, smoothies, fruit, yogurt, cream cheese.



Crunchy Lunch








Add to salads, soups, stews, meat loaf, sushi, stir fry, dips, fish or chicken coating, ice cream.



Nutritious Snack

Great in all types of baked goods such as muffins, loaves, cookies, breads, buns, bagels.

YOU CAN DO IT PUT SOME FLAX INTO IT!

-  Peanut & Tree Nut Free
-  Gluten Free
-  Vegan
-  Non GMO
-  Cholesterol Free
-  Crunchy Texture
-  Nutty Taste



*Trademark of the National Foundation for Celiac Awareness. Used under license.



Recipe: Blueberry Smoothie

- 1 banana
- 1 cup yogurt
- 1 cup milk (1%) or soy milk
- 4 tbsp. milled golden roasted flaxseed
- 1 cup blueberries (fresh or frozen)

Place all ingredients in a blender and blend until smooth. Serves 2. For a change replace blueberries with other berries.

More info on how to use at WWW.FEEFIFOFLAX.COM



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AFTER OPENING**



CanMar

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Certified Organic by Ecocert Canada


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