



PEANUT & TREE  
NUT FREE



GLUTEN FREE



fee · fi · fo  
**FLAX™**



VEGAN



NON GMO

*Organic*

*Organic*

*Milled Golden Roasted*

**FLAX**

MILLED 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 milled 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](http://WWW.FEEFIFOFLAX.COM)



**REFRIGERATE  
AFTER OPENING**



**CanMar**

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Certified Organic by Ecocert Canada

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**FLAX™**