

Fairbanks Family Wellness

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Flax Seed Snacks

Ground flax seeds are a great source of fiber both soluble and insoluble, protein, and healthy fats. They help all digestive problems, lower cholesterol, and help with female hormonal issues and detoxification as well.

Take two weeks worth (14 TBSP) ground flaxseed and mix with almond or other nut butter, chopped apricots or other unsweetened, unsulphured dried fruit, and unsweetened coconut flakes if desired. Add enough almond butter to form everything together and make 14 "balls" by rounding/forming them in your hands. Eat two per day. Store covered in the fridge. They make a great breakfast!