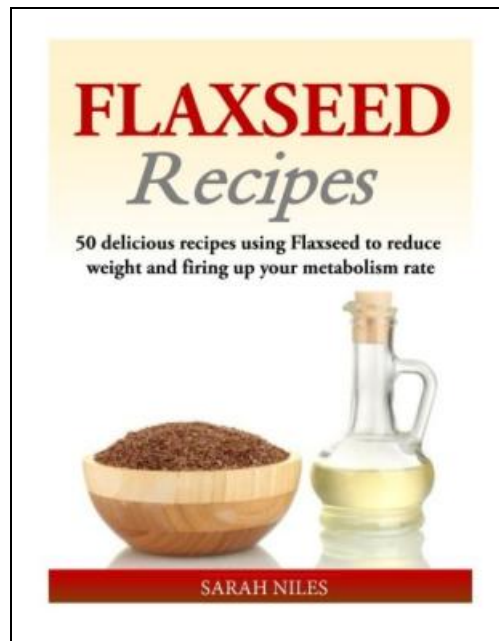


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Flaxseed Recipes - 50 delicious recipes using Flaxseed to reduce weight and firing up your metabolism rate You all may be aware of the benefits that flaxseeds have but might not be aware of the interesting, delicious and easy ways to make yummy food that will reduce your weight and speed up your metabolism rate. Now isn't it exciting? Flaxseed is high in omega-3 and is good for people with heart diseases, obesity, cholesterol problems and blood pressure. They are also helpful for patients with cancer. Now you can keep a check on your weight and on what you eat by following simple recipes. In this book you will find: 1.How you can creatively make Flaxseed part of your daily cooking? 2.How you can derive tremendous benefits from Flaxseed that it has to offer? 3.Delicious recipes that can accommodate Flaxseed without ruining their taste. The recipes in this book will tell you the amount of time required to cook and prepare any recipe. All the recipes use Flaxseed in one way or another. The aim of this book is to provide you scrumptious and appetizing ways to add flaxseed to your daily diet. All recipes come with serving size and cooking time. You can, therefore, choose the recipes at your convenience. It is however advised that you don't start using high amount of Flaxseed on your daily diet. They are extremely rich in fiber, proteins and other essential nutrients. Start with adding small amount of flaxseed to your diet and increase the amount with time gradually. This book will serve as a great guide towards healthy eating lifestyle and is worth your time and money.



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