Email #8

Complementary Blog Post: 5 Benefits of Flaxseed

Subject: 5 Ways to Use Flaxseed in Your Meals

Hi [firstname],

Using flaxseed in your diet will help you get more omega fatty acids. Fatty acids are essential to the way your body functions and essential in lowering your cholesterol levels and keeping your cardiovascular system healthy. Plus flaxseed is a cheap ingredient to add to your meals.

Not sure how to include this superfood in your breakfast, lunch, and dinner?

Below are just a few flaxseed recipes you can try:

Breakfast Muffins Enriched with Flaxseeds

Breakfast is the most important meal of the day. As such, it is a good idea to supercharge the first meal you eat. Cooking a huge breakfast daily usually isn’t an option if you’ve got work to get ready for and kids to get out the door for school.

One way to make sure to start your day right is with flaxseed cereal muffins. You can freeze or reheat these in the morning. Make it easily with a ready-made muffin mix and a handful of flaxseeds. Then eat it for your breakfast or even mid-afternoon snack. This is both healthy and stress-free.

Yogurt and Flaxseeds – Easy-Peasy, Healthy Snack

Strapped for time? Craving a healthy, filling snack? Why not try topping your yogurt with fruits and flaxseeds? The flaxseeds give the texture and crunch you need in order to make this snack even more delicious.

Flaxseeds for Breading? Why Not?

Flaxseeds have a subtle nutty flavor – perfect for breading chicken, fish or any other type of meat. This super food is a lot healthier than other types of breading.

Allergic to Eggs? Use Flaxseeds as an Alternative

If you are allergic to eggs, you know full well how difficult it is to find delicious things to eat. After all, eggs are present in a lot of food options – be it bread, cookies or breakfast. Thankfully, flaxseed is an effective substitute to egg. For any recipe, replace one egg with two tablespoons of flax submerged in water and you are good to go.

Integrate Flaxseeds in the Recipes You Already Know

As mentioned earlier, flaxseeds are generally subtle in flavor. If you have trouble with the recipes above, you can still eat this nutritious ingredient by adding it to recipes you already fix. You can easily add it to meatballs, meatloafs and other meals – even the pickest of eaters would not even notice.

If you’d like to know more about the benefits of flaxseed – take a look at this blog post.

LINK

Flaxseed can be purchased in several different forms such as seeds, ground mill and oil. So if the seeds are too crunchy switch to another form.

[Sign off]