



LINSEED OIL

Fresh cold-pressed unrefined oil of exceptional flavour and high omega-3 content

The omega-3 part of a balanced diet

Delicious in salad dressings or drizzled over cooked vegetables.

cholesterol-free

Direct from the farm in Sussex



Flax Farm Linseed Oil

For health and flavour

This linseed oil (aka flaxseed oil) is cold-pressed by the farmer who grows it. Small scale production and freshness ensure the uniquely sweet mild flavour.

As nature's richest source of omega-3 this linseed oil can restore essential balance to the fats in your diet.

Suggestions for use

- Use Flax Farm linseed oil in your usual salad dressing recipes and baking.
- As the healthy alternative to butter or cream, drizzle 1-2 teaspoons Flax Farm linseed oil per person on cooked vegetables, potatoes, pasta, soup and porridge.

For a light linseed salad dressing:

Mix 2 tablespoons oil with 1 tablespoon balsamic vinegar, add a pinch of salt and black pepper and serve over salad.

For a smoothie that's extra-smooth and rich in omega-3:

Blend 1 banana, 200 ml orange juice and 1 teaspoon Flax Farm linseed oil.

For more tasty recipes go to our website: www.flaxfarm.co.uk

To preserve the maximum flavour and nutritional value keep the oil refrigerated and use within 75 days of opening. Not suitable for frying.

Flax Farm, Park Farm Cottage, Sedgwick, Horsham, West Sussex RH13 6QQ

250ml



NUTRITION

Typical Values	Per Tablespoon	Per 100ml
Energy	124kcal	830kcal
Protein	0.0	0.0g
Carbohydrate	0.0	0.0g
of which sugars	0.0	0.0g
of which starch	0.0	0.0g
Fat	13.7	91.0g
of which saturates	1.2	8.2g
of which omega-9 mono-unsaturates	2.2	14.6g
of which omega-6 poly-unsaturates	2.4	13.6
of which omega-3 poly-unsaturates	8.2	54.6
Fibre	0.0	0.0
Sodium	0.0	0.0