



# **The Flax Cookbook: Recipes and Strategies for Getting the Most from the Most Powerful Plant on the Planet**

*Elaine Magee*

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Flaxseed has been around for centuries, but its pleasant flavor and unsurpassed health benefits have been largely overlooked until now. In The Flax Cookbook, nutritionist Elaine Magee introduces the reader to this extraordinary plant, explains why this rich source of omega-3 fatty acids and soluble fiber is essential to any diet, and shows how easily it can be incorporated into the foods we eat every day. Magee -- a regular contributor to Fitness, Parenting, and Cooking Light magazines -- offers 80 delicious, easy-to-prepare recipes that cover everything from muffins and power bars to entrees, desserts, and smoothies. Complete with sections on the history and properties of flax, the latest scientific findings on its health benefits, and 100 tips to help readers customize their own plan for adding flax to their diet, The Flax Cookbook is perfect for cooks looking to add some extra nutrition to the foods they love.

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