



# Flax and Nut Spread

- 2/3 cup finely ground hazelnuts or walnuts
- 1/2 cup finely ground flaxseed
- 2 tsp. flaxseed oil
- 1/2 cup honey

Grind nuts and flaxseed in a clean electric coffee mill or blender. Add ground ingredients to blended honey and flaxseed oil. Stir to mix. Makes 1 cup. Store refrigerated for up to 1 week.

**Options:** Spread on toast or crackers alone, or make into a peanut butter and flax sandwich. It can also be added to oatmeal or other hot cereals.

*900-1000mg per day of omega-3 fatty acid is an amount shown to beneficially affect coronary heart disease mortality rates in patients with coronary disease. 1 tsp. ground flax = 1180mg, 1 tsp. flax oil = 2500mg  
\*\* 1 tablespoon of this spread gives you 2,080 mg omega-3 fatty acid.*

*Adapted from [www.yourproblemmyopinion.com/recipe/oilfit.html](http://www.yourproblemmyopinion.com/recipe/oilfit.html),  
[www.mayohealth.org/askdiet](http://www.mayohealth.org/askdiet)*

