

Table 1

FORM OF FLAX	RECIPES FOR FLAX TEA	SOURCE
	Abbreviations used: tsp = teaspoon; tbsp = tablespoon	
<p>– <b>WHOLE seeds</b>  <b>NOTE: Flaxseeds are also known as linseeds.</b></p>	<p>Sprinkle 1 tsp of flaxseeds in a pan and cover with 1 liter (about 4 cups) of water. Bring to a boil and simmer for 20 minutes. Cover pan and leave flaxseeds to soak for 12 hours or overnight. Sieve seeds and serve warm (add hot water to warm it up).</p>	<p><a href="#">Keith on Food</a></p>
	<p>Add 1 tsp of flaxseeds, 4 cups of water, and your favorite tea bag (for example, ginger or peppermint) to a saucepan. Bring to a boil and simmer for 20 minutes. Cover the pan and leave the seeds to soak for 12 hours or overnight. Strain. Fill a mug about half full of flax tea and add hot water. Stir well.          NOTE: The Chalkboard webpage mentions making flax tea “from ground flax to take advantage of the many benefits tucked inside these tiny otherwise hard to digest seeds.” The recipe itself calls for whole seeds. If you don’t eat either the ground flax or whole flaxseeds used to make the tea, you won’t get the omega-3 fat or fiber benefits.</p>	<p><a href="#">The Chalkboard</a></p>
	<p>To make 1 cup: Place 1 cup of water, 1/4 tbsp of whole flaxseeds, 1/8 peel lemon, 1/4 juice of lemon, raw honey to taste, and 1/4 cinnamon stick (optional) in a medium saucepan. Cover and bring to a slow boil. Reduce heat to a simmer and simmer 10 minutes. Pour through a fine strainer or a cheesecloth. Add lemon juice and sweeten to taste with raw honey.          To make 4 cups: Mix 1 quart of water, 1 tbsp of whole flaxseeds, 1/2 peel organic lemon, 1 juice of lemon, raw honey (to taste), 1 cinnamon stick. Prepare as above.</p>	<p><a href="#">Nutritional Designs</a></p>
	<p>Add 2 tbsp flaxseeds to 1 liter (4 cups) water in a pan. Bring to the boil and simmer for one hour. If desired, leave to stand overnight. Use a strainer to separate the seeds from the liquid. Pour the liquid into a glass jar and store (covered) in the refrigerator. Pour some of the flax tea into a mug up to about 1 inch and fill the rest with hot water.</p>	<p><a href="#">The Yogahound</a></p>
	<p>Add 2 tbsp of flaxseeds to a liter pan of water (4 cups). Bring to the boil and simmer for one hour. Leave to stand overnight to cool. Add about 500 ml ( 2 1/4 cups) of water the next morning, stir, and reboil/simmer for a further hour. (The long boiling/simmering/soaking period is required because the whole flaxseeds needs this process to begin to release its mucilage fully.) Use a clean cheesecloth to separate the seeds from the liquid. When cool, pour the liquid into a glass jar and store covered in the refrigerator. To drink as tea, pour some of the flaxseed liquid into a mug (up to about 1 inch in depth) and fill the rest of the mug with hot water. Stir and add an herbal tea bag of your choice. Sprinkle 1/4 tsp of cinnamon into it and drink during the day.</p>	<p><a href="#">West London Colonics</a></p>
	<p>Place 2 tbsp of whole flaxseed in tea pot (use a tea ball if desired). Add 2 cups of boiling water and steep for 15 minutes. Add a slice of lemon and sweeten with honey to taste.</p>	<p><a href="#">Healthy Flax</a></p>
<p>– <b>flaxseed MEAL</b></p>	<p>To make 2 cups: Measure 4 tbsp of flaxseed meal into a 2-cup measuring cup and fill with boiling water. Allow to steep for 12-15 minutes. Using a fine mesh strainer, pour the steeped tea through the strainer into another 2-cup measure or small pitcher. Shake a dash or two of ground cinnamon on top and sweeten with evaporated cane juice to taste. Makes 1 very large cup or 2 generous teacups of flaxseed tea.</p>	<p><a href="#">Vegetarians in Paradise</a></p>
	<p>Mix 1 tbsp of flax meal with 300 mL (1 1/3 cup) of water in a pot. Soak for 15 to 30 minutes. Boil until a foam forms (about 1 to 2 minutes). Cool a little before drinking.</p>	<p><a href="#">Garima (posted a comment to my blog on flaxseed)</a></p>
<p>– <b>GROUND flax</b></p>	<p>Add 1 tsp of ground flax to 1 cup of water and lemon juice (optional). Soak for 2 hours or until gel-like. Strain the flaxseeds and drink the water.</p>	<p><a href="#">WikiHow</a></p>
	<p>Steep 1 teaspoon of ground seeds, 2 tbsp of meal or 1 tea bag (or loose tea) in about 1 cup of boiling water. Steep for 2-4 minutes if using a tea bag; steep 10-15 minutes if using loose tea. Strain the hot liquid and add some cinnamon or honey for extra flavor.</p>	<p><a href="#">LEAFtv</a></p>
	<p>SOURCE: Diane H. Morris, Moorgate Books (<a href="http://moorgatebooks.com">moorgatebooks.com</a>)</p>	