

Budwig Flax Recipe

Nancy's Cottage Cheese - Obtain at a local health food store or online

Barlean's Flax Oil - Call them directly 800-445-3529

Fruit (if you desire) or almonds or walnuts - Use Organic

1. 1/3 cup of cottage cheese
 2. Add 3 TBspns of flax oil
 3. Use blender or hand blender and mix cheese and oil very well, until light yellow and creamy consistency.
 4. After its mixed, you may add fruit such as pineapples or berries or almonds or walnuts.
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Do this twice a day.