



MORNING FLAXSEED WATER (IOLA'S HORMONE- & GUT-FRIENDLY BLEND)

A simple, gentle on the stomach, morning flaxseed water recipe that supports digestion, reduces inflammation, and helps with hormones. Perfect for starting your day the StayMoving way.

 5 minutes

 15 minutes

 0.2 cups

INGREDIENTS

- 1 tbsp, whole of seeds, flaxseed (10 g)
- 1.5 cups (16.9 fl oz) of warm Spring Water (378 g)
- 1 fl oz of lime juice, raw (31 g)

COOKING METHOD

- 1° Add 1 tbsp whole flaxseeds to a cup or jar.
- 2° Pour warm water over it.
- 3° Stir well and let it steep for 10–15 minutes until the water becomes slightly thick (that's the soluble fiber working!)
- 4° Strain or drink it with the seeds, both options are fine.
- 5° Add any optional flavor: lime, honey, ginger, cinnamon. Only 1/2 teaspoon. Here I prefer the lime to increase bioavailability of the seeds ;)

NUTRITIONAL INFORMATION

	PER 100 g	PER CUP (227 g)	% DRI
ENERGY	140 kcal	317 kcal	16 %
FAT	10 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	8 mg	19 mg	1 %
CARBOHYDRATE	12 g	28 g	9 %
SUGARS	2 g	3 g	–
FIBER	7 g	15 g	59 %
PROTEIN	4 g	10 g	–

