



## Dr. Laleh's Flaxed Honey

### Ingredients

### Amount

Raw Local Honey	½ C
Organic Ground Flax Seeds	4 TBS

### Preparation:

Mix both and store in the fridge up to a month.

At room temperature, it will last for 6-8 days.

### Nutrition Facts

Servings 8.0

Amount Per Serving

calories 92

% Daily Value \*

**Total Fat** 2 g 3 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

**Cholesterol** 0 mg 0 %

**Sodium** 2 mg 0 %

**Potassium** 43 mg 1 %

#### Total

**Carbohydrate** 19 g 6 %

**Dietary Fiber** 1 g 6 %

**Sugars** 16 g

**Protein** 1 g 2 %

Vitamin A 0 %

Vitamin C 0 %

Calcium 1 %

Iron