



## Tyler's Tonic

Mix together to grind or grind separately and mix:

- 1/3 cup flax seeds
- 1/3 cup sesame seeds
- 1/3 cup chia seeds
- 1/3 cup almonds

Keep this mixture in a jar and use it regularly to add omega 3s, fibre and protein to your diet. I use it in the following ways:

- As a topping with yogourt and fruit - I also mix it in with purchased granola products
- As an addition to breads, cakes, muffins, anything that calls for flour - you might need to reduce the amount of flour a bit if you add it but it usually doesn't seem to matter

Many thanks to my friend in Calgary, Linda Tyler, for this suggestion.