

## Here is a RECIPE for HEALTHY HEARTS AND MINDS

1/4 teaspoon of each: flax seeds, white chia seeds, hemp hearts, white sesame seeds, pumpkin seeds. Sprinkle this on your foods, salads, desserts. Keep refrigerated in a jar so the oils in these seeds don't go rancid. These essential fatty acids give your body good fats maintaining healthy heart and brain functions.

For a very delicious addition to your salads or veggies, add garlic granules, onion granules and dried rosemary leaves.

You can also grind all of the seeds together However because oils once released lose their nutritional properties, they should be consumed within the hour to receive their maximum benefit.

