



Rich & Delicious Baked Goods

Healthy Gourmet Baking Blends with Big Nutritional Value



Two Gourmet Blends. So many possibilities.

Welcome to the FlaxSnax Family,

FlaxSnax™ Healthy Gourmet Baking Blends have been a staple at 5 Star Hotels across the country for fifteen years!

Now you can bake like the 5 Star Executive Pastry Chefs!

We are now offering individual packs for home use. Hotels charge \$4.50 per muffin, but you can bake these delicious, moist & helpful muffins at home for under a \$1.

Each 56 oz bag yields 36 - 3 oz. (You can bake once a month and freeze so you'll have a muffin each day for the whole month!) **Breakfast solved!** Just reheat at 350° for 8 minutes. (You can also divide the pack by four and bake fresh as needed.)

FlaxSnax™ Muffins are not only incredibly moist and delicious; they are the perfect scrumptious comfort food.

Each FlaxSnax™ muffin has more Omega-3 than a serving of wild salmon; and they are also an excellent source of fiber. Everyone benefits from more Omega-3.

With FlaxSnax™ Healthy Gourmet Baking Blends you can bake many flavors of muffins & the best chocolate chip cookies! Email us for additional recipes: darlena@flaxsnax.com

Try FS 606s The Original Blend Made with rich dark brown flax seed or the FS 404s Gluten-free Golden Blend made with golden flax.

TO RE-ORDER OR FOR GIFTS! WHILE SUPPLIES LAST!
CALL TOLLFREE: (877)352-9769

Nutrition Facts

Serving Size 92 g

Amount Per Serving

Calories 290 Calories from Fat 140
Calories from Saturated Fat 10

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 7g

Cholesterol 20mg **7%**

Sodium 200mg **8%**

Total Carbohydrate 33g **11%**

Dietary Fiber 4g **18%**

Soluble Fiber 0g

Insoluble Fiber 0g

Sugars 18g

Protein 5g

Vitamin A 0% • Vitamin C 2%

Calcium 6% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4