

Flaxseed, Chia Seed & Nutritional Yeast Boost



TIPS:

1. This mix of ground flaxseeds, chia seeds and nutritional yeast is no “magic bullet” for anything, but it sure helped improve both my gut health and vitamin B12 levels, the latter of which was low due to not eating much animal protein. I’ve since changed my eating habits. I eat a varied, well-balanced high-fiber whole food diet that is mostly plant based but is also strong in fish, poultry and meat. And I still use this mix of seeds and nutritional yeast everyday, mostly for breakfast with fresh fruit and yogurt (left photo), but also with savory

meals, like pasta, chicken and cheese (right photo) - and much more.



2. Here are some brief health benefit notes and nutritional labels for each of the 3 ingredients:

Ground Flaxseed: Flaxseeds are rich in fiber, especially relative to the small amount needed to eat to supplement your diet. Whole flaxseeds are more difficult for your gut to breakdown to access the nutrients available inside the seed. I, therefore, like



using ground flaxseed (or flaxseed meal - same thing) to get the most of the omega-3 and omega-6 polyunsaturated fats known for their heart health benefits.

Chia Seeds: Chia seeds provide an even higher dose of fiber relative to the same quantity of flaxseeds. They are also rich in omega-3 and 6 and are a source of complete plant-based protein. And, even though the outer shell of the chia seed can be softened to make its nutrients more accessible to your body by soaking the seeds in liquid, I prefer eating ground chia seeds, as shown in these directions, both to help my body access their nutrition package and also for texture. It's a personal preference, but I'm not of a fan of the gel consistency of soaked chia seeds.



Nutritional Yeast: Nutritional yeast packs a big punch of vitamin B complexes, which are all water soluble, meaning you have to take in all vitamin B's daily. All vitamin B's are also antioxidants, which means they help inhibit cellular degeneration caused by free radicals (unstable molecules that are the byproducts of normal cell metabolism), and are needed to breakdown carbohydrates for glucose (food of life) metabolism. Regarding specific roles for the B vitamins listed on the nutritional yeast nutrition label:

- **Vitamin B1** (Thiamin) promotes cardiovascular (heart) health, prevents inflammation and helps improve immunity and antibody response to infections.
- **Vitamin B2** (Riboflavin) is needed to convert vitamins B6 (Pyridoxine) and B9 (Folate/Folic Acid) into forms the body can use to inhibit inflammation, boost immunity and help with physical growth and red blood cell production.
- **Vitamin B3** (Niacin) reduces inflammation and helps manage cholesterol.
- **Vitamin B6** (Pyridoxine) is anti-inflammatory and boosts immunity.

- **Vitamin B9** (Folate (natural form found in food)/Folic Acid (synthesized form found in supplements)) helps cells form RNA, DNA and proteins, including those proteins needed to support your body's adaptive immune response. Vitamin B9 also helps with body growth and is needed to help form healthy red blood cells.
- **Vitamin B12** (Cobalamin) helps your body make DNA, healthy red blood cells and nerve cells.



Preparation Time: 5-7 minutes

Needed

Flaxseed Meal or Ground Flaxseed (can be substituted with whole flaxseed, which can then be ground as shown for whole chia seeds in step 1)

Chia Seeds

Nutritional Yeast

Jar with Lid

Coffee Grinder (if you are grinding either or both whole flaxseeds or chia seeds)



1. Pour enough **whole chia seeds** into a coffee grinder that you estimate will fill the jar you're using 1/3 full - you don't have to be dead-on accurate. Then grind the **seeds** for only a few seconds until...



...they look about like this and...



...pour them in a jar (I clearly overshot the 1/3 mark - no problem).



2. Fill the jar with equal amounts of both **nutritional yeast** and...



... **ground flaxseed.**



3. Screw on the jar lid and both shake and twist the jar until what you have looks about like...



...this.



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