



January Monthly Newsletter!

With the holidays behind us, it's time to get back into our routines, especially our healthy lifestyle routine that we neglected with the hustle and bustle of the holiday season! Why not start the New Year by adding a NEW functional food to your daily healthy eating plan! This product claims to be **BETTER THAN FLAX SEEDS!**

Shown to:

- Reduce after meal blood glucose and plasma insulin levels
- Reduced blood pressure
- Reduction in inflammation and coagulation.

I know what you must be thinking; this product is too good to be true...

Introducing to you... Salba, the trademark name for an oilseed of the ancient plant species belonging to the mint family Chia (like the pet). The grain is gluten free and originated in Central and South America. The small grain-like seed contains a rich source of nutrients and should be ground in order to get the maximum benefit of all nutritional components.

Why is Salba good for you?

The product contains omega 3 fatty acids, fibre, protein, calcium, and iron, as well as other vitamins, minerals and antioxidants. Salba and Flax are very similar, see chart below for comparison of the two products.

Comparison of Salba to Flax

2 Tbsp (15g) serving:

	Salba	Flax
Omega 3/serving	3.05g	3.1g
Fibre / serving	5.18g	4.1g
Flavour	Neutral	Strong
Texture	Smooth	Rough
Water absorbency	20-25 x weight	6 x weight
Calories / serving	57.5	70.0
Gluten free?	Yes	Yes
FDA approved	No	Yes

2 Tbsp of Salba has 127mg of magnesium, 256mg of calcium, 220mg potassium. Unlike flax, salba has a better balance of omega 3 to omega 6 fats making it a great source of essential fatty acids. As you can see from the chart salba can absorb much more water than flax resulting in a slower digestion of foods. This beneficial property helps to keep you full longer, helps to prevent swings in hunger and may help to reduce your total daily food intake by suppressing appetite.

Tips on how to use Salba:

- Add to foods such as oatmeal, yogurt, applesauce, and smoothies!
- Sprinkle onto salads and stir fry's, cereal and soup
- Grind the needed amount of Salba in a coffee grinder and use in baked goods, sauces, soups and shakes

Monthly Recipe

Salba Cranberry Muffin



2 cup whole wheat flour
2 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 tablespoon canola oil
1 teaspoon vanilla
1 cup applesauce
1/3 cup honey or agave syrup
1 cup dried cranberries
1/3 cup Ground Salba



Nutrition Facts	
Serving Size: 1 muffin (70g)	
Servings: 1	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	22%
Sugars 18g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Preheat the oven to 300 degrees F.

Prepare the muffin tins with some oil to prevent the muffins from sticking.
Mix the following ingredients in a bowl: whole wheat flour, baking powder, baking soda, salt and Salba®.
Mix in a second bowl the cranberries, canola oil, applesauce, vanilla and honey.
Put everything together and mix it fast.
Put the mix in the muffin tins.
(Do not use paper muffin tins; the muffin will stick to the paper.)
Place the muffins in the 300 degrees oven for 25 minutes. Enjoy!