



## Flaxseed Drink for Digestion

**Prep Time:** 5 minutes | **Total Time:** 5 minutes | **Servings:** 1–2

### Ingredients:

- 1–2 tablespoons ground flaxseed
- 1 cup water or almond milk
- Optional smoothie add-ins: 1 banana, handful spinach, ½ cup berries
- Optional: stir into fresh juice or overnight oats

### Instructions:

1. Stir ground flaxseed into water or almond milk until well combined.
2. For a smoothie, blend flaxseed with banana, spinach, and berries until smooth.
3. For variety, stir flaxseed into juice or overnight oats for a fiber-rich boost.
4. Serve immediately and enjoy fresh.

### Health Benefits:

- High soluble and insoluble fiber to ease bloating and regulate bowel movements.
- Omega-3s calm gut inflammation.
- Natural antioxidants support a stronger digestive lining.

### Nutrition (per serving, approx.):

- Calories: 90
- Protein: 3g
- Fat: 6g
- Carbohydrates: 5g
- Fiber: 4g
- Sugar: 1g

*Pro Tip:* Drink it in the morning for regularity or blend into smoothies for a tastier daily habit.